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Leader among his many chums

Mourners hear stories highlighting Zackariah Rathwell's many achievements at his funeral PAGE 3

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New trucks give cops extra legroom

Economical. The Ford F-150 pickups carry a similar price tag to sedans and are much cheaper to buy than the SUVs

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Sgt. Joyce King and fleet service supervisor Brian Regan of the Calgary Police Service are pictured in front of a new cop-rated Ford F-150.
BRYAN WEISMILLER/METRO

Police officers upholding the long arm of the law often have long legs, too.

So to ease the squeeze for the city's long-limbed lawmen, the Calgary Police Service has added roomier pick-up trucks to its fleet.

"We have a couple members who are six-eight, six-nine or seven-feet tall," said Sgt. Joyce King. "That's how the ball got rolling."

Each of Calgary's eight district cop shops are slated to get one of the heavy-duty rides, likely before the summer.

Some of the distinctive black-and-white Ford F-150s have already been rolled out on city streets over the past month.

It's already being hailed a successful experiment with potential long-term implications.

"We're exploring putting more of them in the districts," said traffic section Insp. Ken Thrower, who has headed up a fleet-wide make-over project with retro paint jobs.

According to Thrower, the trucks carry a similar price-tag to the sedans and are much cheaper to buy than the SUVs.

The 3.5-litre Ecoboost V6 engine gets better fuel economy — also comparable to the smaller cop cruisers.

"Down the line you may see us … change the SUVs to the pick-up trucks," he said.

Other benefits include better crash protection, off-road versatility and better weight distribution when there's "two big cops in the front and two bad guys in the back."

There is, however, one problem.

"The most difficult thing we have right now is trying to keep them available for the taller people because everyone wants to drive them," said Brian Regan, supervisor for fleet services.

There are 300 marked vehicles in the CPS fleet, each with a lifespan of about three to five years.

The service is currently in the process of replacing its aging Crown Victoria cruisers with Ford Interceptors.

Quoted

"The most difficult thing we have right now is trying to keep (the trucks) available for the taller people because everyone wants to drive them."

Brian Regan, Supervisor for fleet services

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Victim remembered as magnetic frontman

Zackariah Rathwell. Parents describe their pride at the son he was and the man he was to become

BRYAN WEISMILLER
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Whether behind a microphone, hockey stick or his merit badge sash, Zackariah Rathwell was remembered Tuesday for being a leader among his many chums.

At the fourth service held for victims of Calgary's mass stabbing, mourners heard stories highlighting Rathwell's accomplishments over the past 21 years.

In one tale, his father recalled the boy's charisma during a sold-out EP release bash recently held at a popular downtown smokehouse. That night, the funk-rock quartet Zackariah & The Prophets were the last act to take the stage as the headlining act.

Bruce Rathwell was getting antsy when he felt a friendly slap on the shoulder from the band's frontman: "Hey, Daddy-O — good to see you."

After a brief chat, Zackariah explained to his dad that he needed to go "work the room."

"He did it — and he did it very well," said Bruce to about 400 mourners inside Centre Street Church.

"I was so proud to see this young man stand tall among his peers and share time with each and every one of them who was there."

A mother's mourning

"After all the outpouring of love and stories I've heard ... I've come to realize he was an even better person than I thought he was."

Ronda-Lee Rathwell, mother of Zackariah Rathwell

Zackariah was killed with four others at a Brentwood house party last week, which has been described as a low-key gathering to mark the end of the semester.

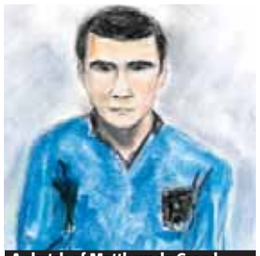
At Tuesday's service, Ronda-Lee Rathwell fought through tears to thank her son's friends for their support since the massacre, saying she's been introduced to a "whole new Zack."

"I have fallen in love with my son all over again," she said. "I thought Zack was a really great kid and on his way to becoming an amazing man."

The first-year ACAD student was also remembered for twice scoring the winning goal during minor hockey championships, winning the Chief Scout Award through his troop and colouring knock-off Picassos as a youngster.

In lieu of flowers, the Rathwell family requested donations be made to the Zackariah James Rathwell Trust Fund at any RBC location.

Mourners arrive at the funeral for Zackariah Rathwell, victim of the April 15 mass stabbing, in Calgary on Tuesday. LARRY MACDOUGAL/THE CANADIAN PRESS



A sketch of Matthew de Grood, appearing in court on Tuesday.
JANICE FLETCHER/THE CANADIAN PRESS

Suspect to be mentally assessed

A judge has ordered the suspect in Calgary's worst mass murder to undergo a 30-day assessment to determine whether he's mentally fit to stand trial.

Matthew de Grood, 22, was charged after five young people were stabbed to death at a house party that was being held to mark the end of the school year.

De Grood, the son of a senior Calgary police officer, appeared relaxed on closed-circuit television and leaned against a wall during the brief proceeding.

He will return to court May 22.

He has been held in custody at the Southern Alberta Forensic Psychiatry Centre since his arrest on five counts of first-degree murder.

Jordan Segura, Kaiti Perras, Josh Hunter, Zackariah Rathwell and Lawrence Hong were all at the party April 15 when they were killed.

De Grood's lawyer, Allan Fay, said on Monday that his client was doing as well as could be expected.

"I think anybody in his position would be concerned about what comes next. I think that's pretty self-evident," Fay said.

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Musician and father injured as melee erupts at local pub

Blind Beggar. Player says most of the 50-60 patrons inside took part in the free-for-all

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Police are investigating and a musician says he's considering pressing charges after a "brawl" broke out at a Calgary pub over the weekend.

Keyboardist David DeWolfe claims he was merely trying to cap off a set around 1:30 a.m. Sunday at the Blind Beggar pub when he was hauled offstage and assaulted by another man, who had informed him his time on stage was up.

Within moments, DeWolfe said a brawl erupted that involved nearly all of the 50-60 patrons inside.

"Everybody was on stage.... Everybody was just punching everybody," he said. "It was like watching a movie."

Police were called to the scene and are trying to piece together what happened, a spokesperson confirmed Tuesday.

But Patrick Ballard, one of the Beggar's owners, distanced his staff from the incident. He said that while DeWolfe initially believed his attacker was a bouncer at the bar, it was actually a sub-contracted "sound man."

Ballard said he'd been reviewing security camera footage of the incident but declined to provide Metro with the video or detail who appeared to trigger the fight.

"It sucks. We're very upset there was a fight in our bar," he said. "It's not right, it's not cool, it's not what we're about."

David's own father, Larry DeWolfe, was also struck in the fight and confirmed in an interview his face had swollen somewhat.

"I think the Blind Beggar should apologize at the very least," he said.

Two friends of DeWolfe said they'd seen the apparent attacker consuming alcohol earlier in the night. Ballard said his staff are prohibited from doing so while on shift.

A friend of DeWolfe said she'd filed a complaint with the Alberta Gaming and Liquor Commission.

Ballard said a fight only breaks out in his establishment "once every two years" and didn't rule out contracting the sound man at the centre again in the future.

He said the footage indicates people on both sides of the incident were throwing punches and said the sub-contractor had to go to hospital to be treated for bruised ribs.

Keyboardist David DeWolfe said he's exploring legal action after being hauled offstage and assaulted during the tail end of a set at the Blind Beggar pub early Sunday. JEREMY NOLAIS/METRO

Pilot project offers up prime spots for carpoolers

Calgary Parking Authority Manager Troy McLeod. METRO FILE

Calgary's parking authority is offering up prime real estate as a reward to downtown commuters willing to travel in pairs or larger groups.

Starting Tuesday, 20 parking stalls near the elevators on the second floor of the city hall parkade have been reserved specifically for carpoolers.

To be placed on a wait list for the authority's already established carpool program, travellers must provide names and contact information for at least two people travelling in the same vehicle.

Troy McLeod, general manager of the Calgary Parking Authority, said the new stalls are a pilot project launched just in time for Earth Day festivities set for Wednesday.

"If it's well received by customers and carpoolers alike, then we'll look at other facilities," he said, noting the same parkade already features short-stay parking spaces.

"There's a positive effect on the transportation network, a positive effect for drivers," McLeod added.

The authority previously arranged a deal with Car2Go to offer up designated spots for the shared Smart cars inside its City Centre, McDougall, James Short and Centennial parkades.

The carpool spots at city hall will be reserved for multi-passenger vehicles between 6 a.m. and 9:30 a.m. every morning and are available on a first-come, first-serve basis.

For more information on the carpool program, head to calgaryparking.com or, to register, email your group's information to improveservice@calgaryparking.com.

Priority on the Calgary Parking Authority monthly contract wait list is also given to registered carpoolers. The organization says 50 per cent of all new contracts may be allocated to commuting vehicles with two or more passengers.

JEREMY NOLAIS/METRO

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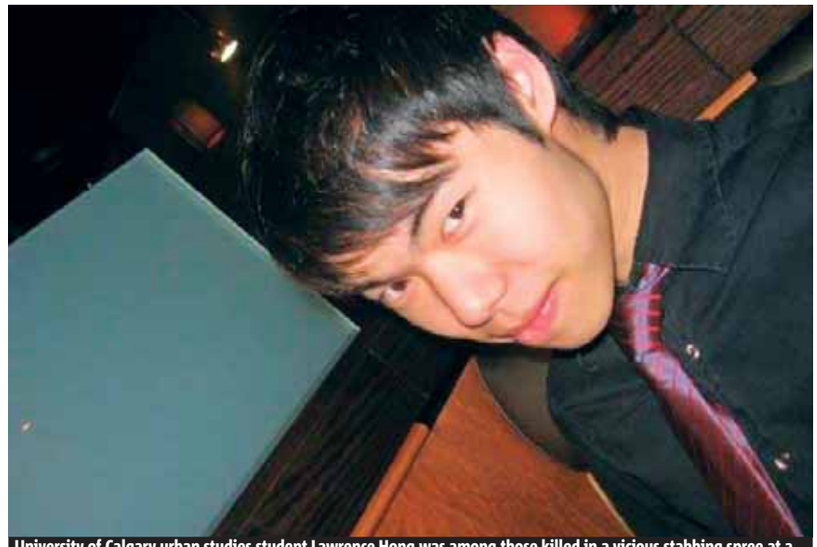

University of Calgary urban studies student Lawrence Hong was among those killed in a vicious stabbing spree at a Calgary house party early Tuesday. FACEBOOK

Bus ride to honour stabbing victim

Route No. 430 Lawrence Hong Express. U of C student killed in stabbing spree was eyeing a career with Calgary Transit

JEREMY NOLAIS
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Dozens of people will hop aboard a specially organized charter Wednesday and ride in honour of a student killed in a northwest Calgary home last week.

Lawrence Hong was due to graduate from the University of Calgary this spring and had eyes on a career in Calgary Transit's planning department.

After learning that he was among those stabbed to death at a party in the Brentwood area, Calgary Transit workers arranged a charter bus, dubbed Route No. 430 Lawrence Hong Express, to his funeral Wednesday.

Jonathan Lea, a senior transit planner, had worked previously with Hong — the student helped organize a youth summit on sustainable transportation and also organized public-art displays inside city LRT stations.

Lea said Calgary Transit staff split the costs to arrange the charter and all fares paid by riders will be donated to the Calgary Fairy Tales Film Festival in Hong's name.

"Lawrence has touched a lot of us, a lot of us know him intimately," Lea said, adding a number of transit employees will be attending Hong's funeral, scheduled for 1:30 p.m. at Centre Street Church.

A close friend of Hong's told Metro last week that he talked "constantly" of working for the city transit service in the years ahead. He was set to graduate from the U of C's urban studies program.

"There's a couple of us here that did dream about working for Calgary Transit when we were kids and so when we meet somebody else like that, it really touches us," Lea said.

A Doodle page online indicates 59 people have signed up to ride the charter, which will depart from the University of Calgary's Craigie Hall bus loop at 11:45 a.m. and return at 4:30 p.m. Lea said the shuttle is essentially full.

Post-tragedy, U of C students defer exams at twice usual rate

About 1,000 students at the University of Calgary have opted to defer their final exams as the community continues to reel from the mass murder near campus last week.

Three current U of C students were among five killed in the stabbing rampage that occurred early Tuesday at a Brentwood house party.

In response, the university provided three exam-deferral periods running until June 25 and even then said it would assist students still coping with grief to develop solutions on a "case-by-case basis."

Deferral requests

1,000

The number of students who have sought an exam deferral in the wake of last week's murders.

University registrar David Johnston said about 1,000 students have sought a deferral, about double the number typically seen in the winter semester. Johnston said the deferrals are being granted "no questions asked."

"We don't want to have to put anybody through a process of talking to somebody about the difficult circumstances they're going through," he said, noting that in a typical year, students must provide a specific reason for the extension request. JEREMY NOLAIS/METRO

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Calgary police traffic section Sgt. Colin Foster is repeating a familiar refrain, asking city motorcyclists to drive according to the conditions, not necessarily the posted speed limit. METRO FILE

Motorcyclists urged to take care

Safety. Reduced street-sweeping plan means more potential dangers for bikers

Budget cuts to the city's spring street-sweeping program are revving up talk over motorcycle safety with more grit expected to linger on Calgary roads for longer.

Veteran motorcyclist Wone Yip noted so-called road "marbles" are the seasonal scourge of two-wheeled enthusiasts.

Yip, however, suggested riders be extra vigilant this year as street-cleaning trucks will only take one pass over roads that were coated with extra gravel this snowy winter.

"There's more likelihood of marbles in less expected places," said Yip. "The onus is on the rider to be aware of that situation."

His more extreme safety advice?

"If you want to enjoy your motorcycle, get out on the highway, get out of town."

Last weekend, 24-year-old university student Yedu Dayal was killed while trying out his friend's sport bike in the Panamount Heights area.

Traffic authorities say the young rider lost control on a patch of pea gravel and slammed into a light pole.

Traffic section Sgt. Colin Foster said it doesn't appear the bike was travelling at excessively high speeds but officers are still investigating speed as a factor.

He stressed the need for riders to drive to the conditions — even if that's under the posted speed limit.

Foster, a motorcyclist himself, also contended motorcyclists should avoid travelling through gravel-laden stretches at all costs.

"Don't ride in it," Foster said flatly. "Yes, there's a certain amount of onus on the city to clean this stuff up as soon as possible, but by the same token, if you see it, then why are you riding in it?"

BRYAN WEISMILLER/METRO

Details

- The first full sweep of city streets won't be done until after the Calgary Stampede as a result of a $700,000 budget reduction.
- Early this month, city council asked staff to look at funnelling some extra parking authority money into the road maintenance budget to mitigate the effects of cuts.
- Budget cuts or not, traffic section Sgt. Colin Foster cautioned riders to avoid all road hazards including oil spills, bumpy patches and random debris.

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Health Minister Fred Horne said Tuesday that current organ donation rates in Alberta are "unacceptably low." METRO FILE

New organ donor site launched

Online signup. Province hopes to boost low donation rates

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Albertans can now sign up online to become organ donors, in a move Health Minister Fred Horne hopes will bring the province's donation rate from among the worst in Canada to the best.

Horne said Alberta currently sees just 10 people per million donate organs per year, down from a rate of 17 per million a decade ago.

"More than 500 people are waiting but we expect fewer than 40 people will actually donate organs or tissue this year, based on current trends," Horne said Tuesday, before signing up himself as a donor using the online system.

Making the process simpler is key to boosting donation rates, he added.

"Some people will not donate for reasons of religion or other convictions and we, of course, respect that," Horne said. "But some people may not have made the decision to become a donor because the process is not simple, convenient or readily available."

While the registration can take place entirely online, a second step still requires Albertans to print out a document, sign it in front of a witness, and mail it in to make their wishes legally ironclad.

"We're still operating in a world where a legal signature that's witnessed by someone is more solid, more bulletproof," Horne said. "But it's really just to add that a little more strength to that (online) registration."

Premier Dave Hancock welcomed the new service and registered as a donor, himself, too.

"This new initiative will save lives," Hancock said. "It will bring happiness and healing to so many Albertans."

By the numbers

500

More than 500 Albertans are currently waiting for organs, including 309 for kidneys, 100 for livers, nearly 70 for lungs and 23 for hearts.

Changes to child death investigation protocols

The Alberta government is making changes to allow the publication of names of children who die in government care.

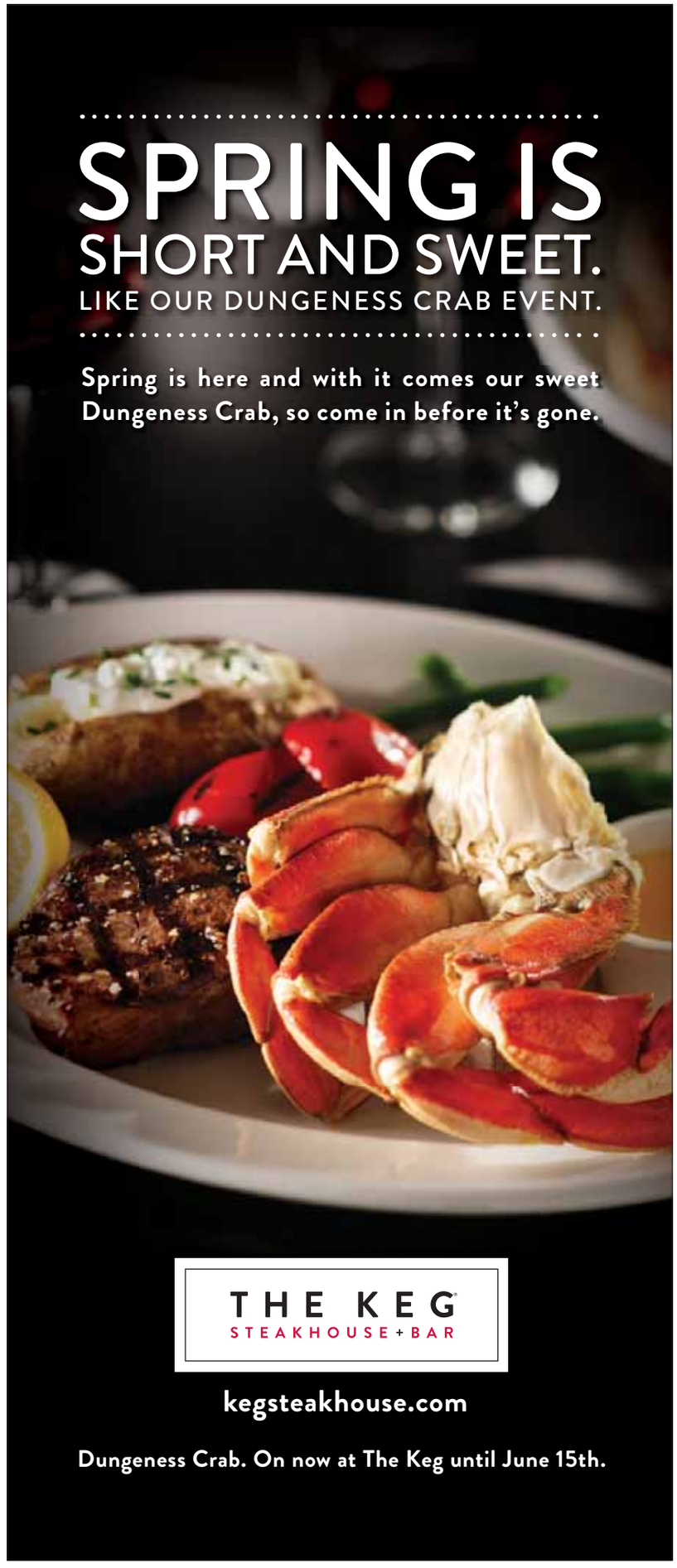
The province also plans to give the child and youth advocate and other officials more authority and latitude to investigate childrens' deaths and serious injuries.

The advocate will also be allowed to investigate the death of a child up to two years after the child has left government care. The changes are part of a bill introduced Tuesday by Human Services Minister Manmeet Bhullar.

The bill is the result of a Postmedia newspaper series last year that detailed gaps in child death investigations and frustration over parents not being allowed to talk publicly about the death of their loved ones.

NDP human services critic Rachel Notley says being allowed to name the children is a step forward, but says the bill doesn't mandate the release of internal reports of child death investigations. THE CANADIAN PRESS

Human Services Minister Manmeet Bhullar THE CANADIAN PRESS FILE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Wildrose attack. Tories accused of meddling with transparency rules

Alberta Jobs Minister Thomas Lukaszuk is being accused of orchestrating government-wide interference in the freedom of information process for partisan political reasons.

The Wildrose party says the proof is in a leaked government memo dating back to November, when Lukaszuk was deputy premier under then-premier Alison Redford.

The memo notes Lukaszuk directs that all freedom of information requests that could embarrass the government be flagged weekly for political staff.

Wildrose Leader Danielle Smith says the memo shows that the government is breaking legislature rules to tailor the release of information.

But Lukaszuk says the memo merely ensures that cabinet ministers receive a few days' notice of the release of information so that they are prepared to answer questions on it.

THE CANADIAN PRESS

Forest Lawn

Alleged drug house shut down for 90 days

Law-enforcement officials have shuttered what's being described as a long-time "problem property" in the Calgary community of Forest Lawn.

The residence, located in the 2000 block of 41 St. SE, was vacated, boarded up and had the locks changed Tuesday morning, by the Safer Communities and Neighbourhoods (SCAN) team, which operates under the Alberta Law Enforcement Response Team's umbrella.

METRO

Green Calgary offers free inspections to 100 homes

Most of the water that flows into Calgary's storm-sewer system ends in city rivers untreated through outfalls like this one. ROBSON FLETCHER/METRO

RAIN home visit program. David Suzuki to speak at program launch

ROBSON FLETCHER
robson.fletcher@metronews.ca

To help protect homes from flooding and waterways from pollution, Green Calgary will offer 100 free stormwater-management inspections to city residents, starting Wednesday.

The inspections will check for things like downspouts that drain towards home foundations and impermeable surfaces that force runoff onto neighbours' properties or lead water contaminated by things like herbicides and dog feces into storm sewers and ultimately Calgary's rivers.

"Rain running off my yard can become somebody else's program down the block or down closer to the river," said Green Calgary executive director Patricia Cameron.

Lynn Robb of Trout Unlimited's Yellow Fish Road Program previously said about 80 per cent of untreated stormwater reaches rivers and creeks.

"Stormwater pollution is actually the biggest threat to our freshwater ecosystems," Robb said.

Green Calgary is launching its RAIN home visit program on Earth Day with a series of events, including a keynote speech from David Suzuki at the Red and White Club at 7 p.m. on Wednesday.

Quoted

"An evaluation of your home from stem to stern, top to bottom."

Executive director Patricia Cameron on Green Calgary's RAIN home visit program

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U of C makes regenerating nerves easier

Dr. Doug Zochodne and Anand Krishnan, PhD, discuss their recent research publication in their University of Calgary lab. MARTA CYPERLING / CONTRIBUTED

New research. Study out of Hotchkiss Brain Institute could lead to new treatments for nerve damage

ROBSON FLETCHER
robson.fletcher@metronews.ca

They're called "peripheral nerves," but Dr. Doug Zochodne says they're actually incredibly important to our bodies.

"They're the essential connections between the brain, the spinal cord and the rest of the body," the University of Calgary researcher told Metro. "They're sort of the wiring that makes us move and allows us to sense things."

Damage to these nerves is particularly difficult to treat, he added. But his team's recent research — published Tuesday in the prestigious journal Nature Communications — may help change that.

The problem, Zochodne said, is a naturally occurring molecule in nerve cells that inhibits their growth and regeneration.

Normally, this molecule is a good thing because it helps prevent tumours and other inappropriate growth, but in the case of people who have suffered traumatic or chronic nerve injury, it's not particularly helpful.

In those situations, Zochodne said, "you want the nerve cells to grow abundantly and regenerate over a short period of time."

That's what his team set out to do in lab tests, and with subsequent animal models found that, by deactivating the molecule in the area of a mouse's injured nerves, "the nerve fibres could grow back to where they belong and restore sensation better in the animal."

The next step would be human trials, which Zochodne said aren't on the immediate horizon but could be in the next several years.

The applications, he added, could be widespread.

"There's a whole range of disorders that involve peripheral nerves that are very, very common but one doesn't hear much about them," he said.

People with diabetes often experience chronic nerve damage known as neuropathy, Zochodne said, and traumatic injuries to peripheral nerves are 10 times more common than spinal-cord injuries.

Quoted

"There's a whole range of disorders that involve peripheral nerves that are very, very common but one doesn't hear much about them,"

Dr. Doug Zochodne, University of Calgary researcher
whose team's research may help to treat these nerves after they have been damaged

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A humpback whale outside of Hartley Bay along the Great Bear Rainforest, B.C. JONATHAN HAYWARD/THE CANADIAN PRESS

Feds to downgrade humpbacks' risk status

Species At Risk Act. Reclassification would remove Ottawa's legal obligation to protect the animal's habitat

In the midst of the heated debate over oil tankers off the coast of British Columbia, the federal environment minister has proposed changing the status of North Pacific humpback whales from threatened to "special concern."

The whales have played a starring role in the campaign against oil pipelines and opponents accused the federal government Tuesday of removing a hurdle to the proposed multibillion-dollar Northern Gateway pipeline.

"What we're seeing is that the government is stripping the humpbacks of legal protection at the very time that the Enbridge pipeline and tankers project is posing a serious threat to their recovery and survival," said Caitlyn Vernon, of Sierra Club BC.

But the Committee on the Status of Endangered Wildlife in Canada, or COSEWIC, an independent group of scientists responsible for assessments, first recommended the improvement in status three years ago.

A federal official said the group was even asked to reconsider, to ensure the science was sound. Last fall, the recommendation again was to make the change.

THE CANADIAN PRESS

Numbers up

18,000

After being hunted to near extinction in the early 20th century, biologists estimate the North Pacific population now consists of more than 18,000 humpback whales.

Miami

Prof beaten up over bad grade?

Police are investigating the beating of a Miami Dade College music professor to see whether it was ordered by a student angry over a bad grade. Marc Magellan, 31, was attacked last week inside a parking garage.

The assailant called out "Professor Marc" and when Magellan turned around, the assailant began punching him and smashing his head on the concrete floor, leaving him with a broken nose and hand and other injuries.

THE ASSOCIATED PRESS

Spain. Village with 'Kill Jews' as part of its name to vote on change

The tiny Spanish village of Castrillo Matajudios, whose second name means "Kill Jews," will hold a referendum next month to decide if it should change the name that offends outsiders and embarrasses some residents, its mayor said Tuesday.

The village's 56 registered voters will be asked on May 25 whether they want to keep the name or change it to the similar, but non-offensive name the town once had, Mayor Lorenzo Rodriguez Perez said.

Historical studies show the town's original name was Castrillo Motajudios. The second name of that translates to "Jews Hill" and dates back to 1035 when 66 Jews were killed in a nearby town and those expelled settled on the hill.

Although Jews were killed in the area, researchers believe the town got its current name from Jewish residents who converted to Catholicism and wanted to convince Spaniards they opposed Jews, Rodriguez said. Others think it might have simply come from a slip of the pen.

THE ASSOCIATED PRESS

Designer Laura Siegel arranges scarves made from recycled saris for her Project Eleven27 at the Toronto Fashion Incubator in Toronto on Monday. Project Eleven27 was created to honour the lives lost in the Bangladesh garment factory collapse by partnering with artisans in India to hand-weave 1,127 limited-edition scarves. DARREN CALABRESE/THE CANADIAN PRESS

Weaving change for workers, one scarf at a time

One-year anniversary of tragedy. Canadian designer's Project Eleven27 honours victims of Bangladesh factory collapse

Seeing images emerge from the world's worst garment industry accident hit Laura Siegel hard — then led her to take action.

The award-winning Canadian designer has partnered with artisans in India on Project Eleven27, creating a collection of 1,127 scarves — one for each victim of the fatal building collapse in Bangladesh.

The April 24, 2013, tragedy at the illegally constructed Rana Plaza brought worldwide attention to the poor conditions endured by workers and renewed focus on the production practices used to create affordable goods.

"Being overseas and having visited a ton of factories at all different levels, I understand how that happened. And it was just sad because I felt that like it's something that almost could have been prevented if something was just done about it," said Siegel in an interview at the Toronto Fashion Incubator, a non-profit, small business centre that offers support and mentorship to budding homegrown designers and entrepreneurs.

Siegel, 26, spent a lot of time when she was younger travelling to developing countries, and has had the opportunity to do knitwear while in Peru and Bolivia where she learned of the passion for craft among the artisans.

"When I met individuals that were sustaining their culture that probably existed exactly the same way 1,000 years ago, (it) is just such a rare special moment," she said. "So I wanted to figure out a way for them to be able to continue to sustain what they're doing, but also to be able to continue relationships and connections with these people while designing — doing what I love — and supporting what they do."

To that end, Siegel's ready-to-wear womenswear label collaborates with artisans in rural villages around the world to help sustain craft — also a primary focus of Project Eleven27.

For the initiative, recycled saris sourced in Kutch, India, are laser-cut in Delhi and made into a yarn that's brought back to Kutch. Namori Vankar and his family then weave the brightly coloured saris into the scarves, which are a 50 per cent cotton, 50 per cent silk blend.

"Being able to sustain their craft, being able to continue their work is very special, especially in that region where a lot of people are forced to leave something that they've been practising in their families for so many centuries," said Siegel.

THE CANADIAN PRESS

How you can help

The 22-inch scarf retails for $135, while the 38-inch scarf — which can double as a sarong or wrap — sells for $195. The scarves will be available through Siegel's online boutique, luxury retailer Holt Renfrew and online retailers Shop Latitude and Shop Ethica.

- Project Eleven27 will be donating 25 per cent of proceeds to Sreepur Village, an organization in Bangladesh helping the families affected by the tragedy. To commemorate the one-year anniversary of the Rana Plaza disaster this Thursday, 40 per cent of sales of the scarves sold on that day will benefit the charity.

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A third of adults suffered child abuse: Study

The data. It cannot prove cause and effect; it can only point to possible links

A new study says one in three adult Canadians suffered some form of child abuse in their past, adding this abuse is associated with a higher risk of mental-health disorders later in life.

The lead author of the study says it provides the first national look at the prevalence of child abuse experienced by Canadian adults.

Tracie Afifi of the University of Manitoba says previous estimates were based on a nearly 25-year-old study from Ontario and more recent data from Quebec.

The study is published today in the Canadian Medical Association Journal.

The authors studied data collected from more than 23,000 adults 18 and older who took part in Statistic Canada's 2012 Canadian Community Health Survey.

Respondents were asked questions about whether they were hit or subjected to other forms of physical or sexual abuse in childhood, or whether they were exposed to violence between the adults in their homes.

Afifi says the questions didn't ask "Were you abused?" because studies have shown that some people who have been abused don't characterize their experiences as abuse.

Instead, the questions asked whether respondents were slapped on the face or head, spanked with a hard object, pushed, grabbed, shoved or had something thrown at them to hurt them. For both those questions, respondents were asked to say yes only if the behaviour had happened a minimum of three times.

Another question asked if respondents were kicked, bit, punched, choked, burned or physically attacked at least once.

One in three adults reported experiences that met the criteria for at least one of the types of abuse, with physical abuse the most common of the three; 26 per cent of respondents said they had experienced physical abuse.

Ten per cent of respondents said they had experienced sexual abuse and nearly eight per cent witnessed intimate partner violence. THE CANADIAN PRESS

Quoted

"We found strong associations between child abuse and mental conditions."

Researchers of the study

Record breaking swimmer glides for Earth awareness

World-record breaking swimmer Ben Lecomte swims in the Strait of Georgia display at the Vancouver Aquarium on Tuesday. Lecomte visited the aquarium to raise awareness for Earth Day and the importance of protecting our waterways. JONATHAN HAYWARD/THE CANADIAN PRESS

Maple Leaf Gardens. Sex abuser pleads guilty to 100 charges

The man at the centre of the Maple Leaf Gardens sex abuse scandal pleaded guilty Tuesday to 100 charges involving 18 underage victims.

Gordon Stuckless, 65, entered the plea in a Toronto courtroom in relation to offences that took place decades ago. The charges include indecent assault, sexual assault and gross indecency and span from 1965 to 1985.

Stuckless pleaded not guilty to several charges, including sexual assault with a weapon and buggery, and his lawyer Ari Goldkind said a trial on those charges is expected to get underway in the next couple of weeks.

Crown attorney Kelly Beale is expected to request a dangerous offender assessment for Stuckless, but Goldkind said his client, who's on a sex offender registry, continues his chemical castration therapy and has been living "a very law-abiding life." THE CANADIAN PRESS

The Heartbleed hacker. 'Curiosity got the better of him': Michael Calce

A 19-year-old man accused of siphoning some 900 social insurance numbers from the Canada Revenue Agency was likely motivated by curiosity, not malice, says one of the country's most notorious hackers.

"We love to throw around the term 'hacker,' but I don't think he's a hacker," said Michael Calce. "I think he's a computer science geek who heard about a critical bug and wanted to poke around. His curiosity got the better of him."

Last week, the RCMP charged Stephen Arthuro Solis-Reyes of London, Ont., with one count of unauthorized use of a computer and one count of mischief. The Western University student is believed to have used the Heartbleed bug — a vulnerability in the OpenSSL software used to secure countless websites — to extract personal information from CRA servers. The media has already dubbed him "the Heartbleed hacker." LUKE SIMCOE/METRO IN TORONTO

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Abducted eastern Ukraine mayor resurfaces, praises former captors

Neyla Shtepa. Russian news report claims mayor willingly signed resignation letter

Mayor Nelya Shtepa walks outside a police station in the town of Slovyansk, Ukraine, in this April 12 photo. EFREM LUKATSKY/THE ASSOCIATED PRESS

When armed men seized the police station in the eastern Ukrainian city of Slovyansk, Mayor Nelya Shtepa declared she was on their side. She changed her story a few days later. Then she disappeared — the victim of an apparent abduction by the man who now lays claim to her job.

On Tuesday, she resurfaced, expressing support once again for the pro-Russia insurgents — but possibly no longer as mayor.

In town after town in the beleaguered east, it's hard to tell who's in control. Since the unrest began, pro-Russia insurgents have adopted a strategy of electing so-called people's leaders: mayors and regional governors who claim to represent the people's will, despite their questionable background and skills for the job.

The man who now claims to be mayor says Shtepa was under the care of his comrades in the pro-Russia forces. But Vyacheslav Ponomarev is himself a dubious figure: No one seems to know his past and Ponomarev refuses to give any clarification.

On Tuesday, a Russian news site ran a video interview with Shtepa in which she praises the insurgents as men with "strong souls" and thanks Russian President Vladimir Putin for annexing Crimea. The report also showed what it said was a resignation letter that Shtepa willingly signed.

THE ASSOCIATED PRESS

Back and forth

Shtepa championed the insurgents' cause when they seized the police station on April 13.

- But as central authorities dispatched troops to retake buildings in the east, Shtepa quickly changed course. She called the men insurgents and their presence an "occupation."
- Shtepa said that she had pretended to be on the gunmen's side to free dozens of hostages from the buildings that the insurgents stormed.

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Russia. Kremlin expels Canadian diplomat in tit-for-tat retaliation

The diplomatic chess game between Canada and Russia over the Ukraine crisis continued Tuesday, with the Kremlin ordering the expulsion of a senior Canadian diplomat stationed in Moscow.

Russia ordered the removal of the first secretary at the Canadian embassy in retaliation for the expulsion of a Russian military attache from Ottawa earlier this month, said a Canadian government source not authorized to speak on the record.

The Harper government also called in the Russian ambassador for a diplomatic dressing-down last week as pro-Russian gunmen seized government buildings in several eastern Ukrainian cities following Russia's annexation of the Crimean Peninsula last month.

Canada has imposed economic and political sanctions against Russia.

As he began a week-long tour of eastern Europe in the Czech Republic on Tuesday, Foreign Affairs Minister John Baird reiterated the Harper government's condemnation of Russia.

"We will stand with you in the face of aggression," Baird said after meeting his Czech counterpart in Prague.

Baird will also visit Slovakia, Poland, Latvia and Estonia. THE CANADIAN PRESS

Moscow

Putin's main critic could be jailed

A Moscow judge on Tuesday left open the possibility of jailing President Vladimir Putin's main critic for years, a sign of Putin's increasingly hard-line rule against opponents.

Russian opposition leader Alexei Navalny was fined $8,400 on Tuesday for slandering a lawmaker. His second trial starts Thursday, and prosecutors are widely expected to ask for jail for him pending trial, with Tuesday's verdict making him a recidivist.

If there's a guilty verdict at that trial, he could get a prison term.

Putin increasingly has portrayed his critics as "national traitors."

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Mickey D's is feeling the squeeze

Unhappy meal. Iconic burger chain shows a decline in sales after a decade of growth

McDonald's is fighting to hold on to customers in the U.S.

The world's biggest hamburger chain said sales at established U.S. locations fell 1.7 per cent in the first three months of the year as guest counts declined. After a decade of consistent growth, sales also declined last year as McDonald's struggled to roll out an array of new menu items and fend off competitors.

CEO Don Thompson said Tuesday that the company is working to improve its operations and marketing in key regions, including the U.S.

"It's important to underscore it will take time for consumers to notice the changes and reward us with increased visits," he said.

THE ASSOCIATED PRESS

NADbank. Metro Calgary showing 'exciting' growth, readership study shows

More Calgarians than ever are making Metro part of their daily lives, according to the latest newspaper readership study.

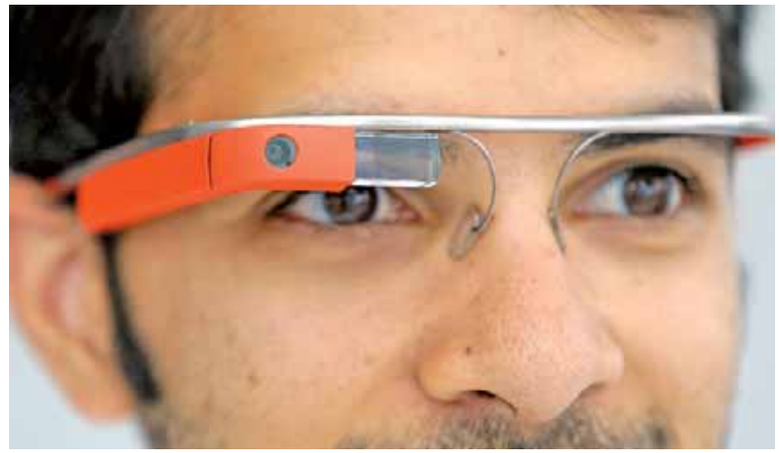
That's 105,000 people reading Metro Calgary each day, Monday to Friday, as a way to stay connected and informed about their city and the world. The 12 per cent readership increase came at a time when the Calgary Sun lost 16 per cent of its readers, according to the 2013 NADbank readership study.

The research also shows that on a weekly basis Metro Calgary is the best-read newspaper among people aged 18 to 34.

"These latest results again prove that our readers and advertisers are supportive of our style of news coverage," said Steve Shrout, Vice President and Group Publisher, Metro News, Western Canada. "This trend of growth for Metro is exciting and gives us courage as we make plans for continued development."

Nationally, the research found that Metro continues to be popular with readers in Canada's largest cities and across various platforms including print, digital paper, website and news app.

"Metro Canada increased readership on a weekly basis by three per cent to more than 4 million readers — a first for us — which demonstrates how our unique content packages resonate against Metropolitans, our target market," said Bill McDonald, President of Metro English Canada. METRO



Google challenging non-profits to kick Glass

Google has issued a challenge: On Tuesday, the tech giant asked U.S. non-profit groups to propose ideas for how to use the web-connected eyewear Google Glass in their work. Five charities that propose the best ideas by May 20 will get a free pair of the glasses, a trip to Google for training and a $25,000 grant to help make their project a reality.

JEFF CHIU/THE ASSOCIATED PRESS FILE

Streaming contest

AT&T eyeing YouTube, Netflix, Hulu's eyes

AT&T and an investment firm run by former News Corp. executive Peter Chernin have formed an online video venture that could rival Netflix and Hulu.

AT&T Inc. and Chernin Group said Tuesday that they have committed more than $500 million in funding toward the venture. They are not saying how much each company is investing.

AT&T already offers TV content through its U-Verse service, which competes with cable TV providers. With online video, though, it could attract customers of Netflix, Hulu, YouTube and other services. THE ASSOCIATED PRESS

New technique

Unilever taking plastic measures

Unilever PLC, producer of disposable containers that clutter the landfills of the world, says it is adopting technology that will cut the amount of plastic it needs to use in each bottle by 15 per cent.

The technology, developed with Zotefoams PLC of Britain, injects tiny gas pockets into bottle walls, reducing the weight and amount of plastic used, without sacrificing robustness.

Unilever is introducing the technique first in its Dove body wash bottles, which — over the 33 million sold in Europe in 2013 — would mean a savings of 275 tons of plastic.

THE ASSOCIATED PRESS

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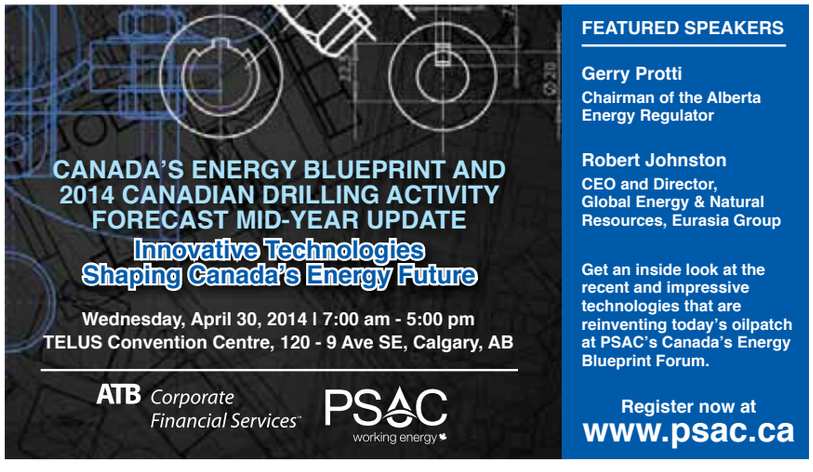
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ANOTHER TYPE OF FOODIE WEIGHS IN

JUST SAYIN'

Paul Sullivan
metronews.ca

There are foodies, those uncompromising gourmets who have "an ardent or refined interest in food and alcoholic beverages," according to the dictionary.

Then there are the rest of us, who also have an ardent interest in food and alcoholic beverages, but there's nothing refined about it.

This column is for you. Business Insider has done one of those unscientific readers' choice surveys and on the strength of 2,200 responses, has determined the Best Fast Food in America. We can take that to include the rest of North America, because most of these epicurean delights do not require a run to the border.

They may require a run to the bathroom, if you insist on testing the winners, but that's another story.

So, apart from the fact that Tim Hortons barely makes the list, the rest of it is as commonplace in Canada as potholes in springtime.

What's really great about this is that everyone can play. In fact, participating is probably as impossible to resist as McDonald's fries.

The No. 1 burger is Wendy's with its characteristic square, never-frozen patty. I don't know about you, but to me a square patty ain't natural. Nonetheless, Dave's Hot 'N Juicy outdistanced the Burger King Whopper and McDonald's Big Mac by a healthy margin (34 per cent to 26 per cent and 24 per cent, respectively). Or should I say unhealthy?

Best pizza honours go to Papa John's, who squeaked by Pizza Hut and Domino's (34 per cent to 31 per cent and 29 per cent). Little Caesars was a distant fourth. Whatever. Does it get there in under half an hour?

No surprise here: McDonald's had the best fries by a wide margin (57 per cent), which roughly equals the percentage of North Americans raised on them from infancy.

Best fried chicken is KFC at 36 per cent. I haven't ordered a bucket for 20 years, but that doesn't stop me from going, "Maybe I should just stop and get a bucket" every time I go past the local Colonel's dispensary, which is just about every day. This stuff gets into your blood ... in more ways than one.

Subway is a double winner, with best sub (37 per cent) and healthiest choice (also 37 per cent), which is hardly a distinction considering the competition. About the only thing you can order at a fast food joint that's actually good for you is a glass of water.

Finally, there's coffee, the universal solvent. At 49 per cent, Starbucks wins hands down. The next closest was Dunkin' Donuts at 27 per cent. This is the only place on the poll where Tim Hortons appeared, with eight per cent, just behind McDonald's. Coffee seems like the last thing you'd order at McDonald's, but despite (or perhaps because of) those expectations, it's never as bad as you think.

And that's pretty much the last word. Or maybe five little last words: "You want fries with that?"

ZOOM

Bee my pollinator

Bamboo bundles are used here to create bee tunnels for nesting that hang in a magnolia tree near Langley, Wash. DEAN FOSDICK/THE ASSOCIATED PRESS

Depleting numbers threaten food supply

Bees are pulling a disappearing act. Honeybees are vanishing from their hives. Bumblebee numbers have crashed so radically that some species are believed extinct. Even native solitary bees are in decline. Food supplies dependent upon pollinators are threatened.

There is no single explanation for what is causing the pollinator losses, said Matt O'Neal, an associate professor of entomology at Iowa State University. THE ASSOCIATED PRESS

Quoted

"Common species are disappearing at a dramatic rate ... I worry in particular about pollinator species with limited ranges and that have unique habitat requirements that are being threatened. A lot of species are dropping out of the landscape."

Mace Vaughan, pollinator program director with The Xerces Society for Invertebrate Conservation in Portland, Ore.

How gardeners can help

- Plant flowers and create green spaces, especially in urban areas. Leave patches of bare soil, rocks and brush piles for use by ground-dwelling native bees.
- Install bee hotels around the yard by drilling holes in wood blocks and creating bamboo bundles.
- Eliminate or change pesticide usage.

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MetroTube

When parachuting on skis gets tiring

ANDREW FIFIELD
metronews.ca

On the same day I learned about the existence of an adrenaline-junkie hobby called speed riding — which is pretty much hurtling through the air while attached to a small parachute and a pair of skis — I also learned that it's not nearly adrenalized enough for one rider.

So what does your average daredevil do when the passion for boring, bland and familiar speed riding is extinguished. Why, you speed ride/grind your way down a chairlift cable. Naturally.
(Via Valentin Delluc on Vimeo)

VIMEO SCREENGRAB

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See that symbol? It means you can scan the photo below with your Metro News app to see a clip from The Other Woman

Turning up the cheat on trysts

Cautionary tales. From 1960's 'dirty' rendezvous at The Apartment to a Fatal Attraction cooking your rabbit, infidelity boils over on film

IN FOCUS
Richard Crouse
scene@metronews.ca

Nikolaj Coster-Waldau and Cameron Diaz star in The Other Woman. CONTRIBUTED

In the new movie The Other Woman, Mark King (Game of Thrones's Nikolaj Coster-Waldau) tries to push infidelity to Tiger Woodsian heights by cheating on his wife (Leslie Mann) with multiple mistresses, including Carly and Amber (Cameron Diaz and Kate Upton). "We got played by the same guy," says Carly.

"Getting played" in Hollywood movies dates back further than the invention of the Ashley Madison website.

In 1960, the Jack Lemmon movie The Apartment tackled the subject of adultery. The film, about a lonely insurance company lackey who allows his bosses to use his apartment as a trysting spot in hopes that they will promote him, was a big hit, but also a controversial one. The Saturday Review called it "a dirty fairy tale" and co-star Fred McMurray says a woman on the street hit him with her purse, taking him to task for making "a dirty, filthy movie."

In 2005's Derailed, Clive Owen stars as a married man who hooks up with Lucinda (Jennifer Aniston) after meeting her on a commuter train. In a hormone-induced rush, they decide to consummate their illicit affair at a seedy hotel, only to be interrupted by a burglar who robs them and sexually assaults Lucinda. Things spiral out of control as the robber blackmails the couple and seems to have an unquenchable thirst for Owen's money.

Derailed is a cautionary tale about staying faithful to your spouse and never, ever renting rooms in sleazy hotels. Part Fatal Attraction, part Hitchcock thriller, the movie stays on track through the set-up of the story, but as soon as the going gets rough the story, well ... derails.

The most famous infidelity movie has to be 1987's Fatal Attraction. It begins with Michael "I'm a married man!" Douglas having a fling with Glenn "I'm not gonna be ignored!" Close. When he tries to break off their affair, she becomes a lesson in why not to cheat on your wife.

The film was a sensation on release, inspiring a number of imitators including The Crush, Single White Female and a spoof called Fatal Instinct, and its most famous clip, the rabbit boiling on the stove, even inspired a phrase in the Urban Dictionary. According to the website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

Film's most famed femme fatale

"Men still come up to me and say, 'You scared the [crap] out of me.' Sometimes they say, 'You saved my marriage.'"

Glenn Close in an interview 20 years after Fatal Attraction's release.

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New show's doc has her very own medical drama

Kelly Reilly in a scene from the medical drama Black Box, premiering Thursday at 10 p.m. EDT on ABC. PATRICK HARBRON/ABC

Physician heal thyself. Brilliant bipolar brain doctor battles effects of skipping her meds in new Black Box series

ABC's brainy new medical drama Black Box does a neat trick: It dares viewers to imagine for themselves the cost-benefit ratio of addiction, and does it without taking a firm stand.

It does it in the person of lovely, top-of-her-field Dr. Catherine Black, known as "the Marco Polo of the brain," who helps patients navigate a range of neurological disorders.

She also secretly wrestles with one of her own: She's bipolar.

Meanwhile, she's addicted to the mind-expanding, sometimes rapturous, but ultimately dangerous effects of skipping the meds that keep her "normalized," and letting her condition run full tilt.

"This show is not a generic examination of bipolarity — not at all," says series star Kelly Reilly. "This is about one woman who is an addict to her disease. The disease is treatable. But it calls for a lifetime of commitment and rearranging medications to see what works and what doesn't work, and fighting the battle of deciding whether or not you want to take them."

Premiering Thursday at 10 p.m. EDT on ABC, Black Box pulls a 180 on the plague of addiction: Catherine Black must Just Say Yes to the drugs that will keep this wild child tamed. Yet sometimes she just can't. Or won't.

She is played by the English-born Reilly, who co-starred with Denzel Washington in the film Flight, appeared in the two Sherlock Holmes films headlined by Robert Downey Jr., and starred in Above Suspicion, a British TV crime drama.

One recent day on Stage B at New York's Silvercup Studios, Reilly met with a reporter in her character's office in the tony Neuroscience Research and Treatment Center, a.k.a. The Cube, where Black and her colleagues probe the brain's mysteries.

Not just a show about illness

"The series has an addiction metaphor and the high does provide a gift."

Amy Holden Jones, creator of the new series, Black Box, whose lead character is a bipolar doctor struggling with managing her illness.

The show also stars Terry Kinney as the NRTC chief of staff, Ditch Davey as a womanizing neurosurgeon on the team, David Ajala as Catherine's restaurateur boyfriend and Vanessa Redgrave as Catherine's shrink.

"This is not a life that's ever going to be straight and narrow for Catherine," says Reilly. "It's always going to be a bit wobbly: Is she gonna go off crazy again, or is she going to try to toe the line? She's a rule-breaker by nature who takes risks. But I think she longs for what normal might feel like."

The series was created by Amy Holden Jones, whose credits include the films Mystic Pizza and Indecent Proposal.

And she comes to Black Box well prepared, having as a girl been "home-schooled in bipolar," as she puts it: Her father was a practising physician until he was 70 despite being manic-depressive and suffering periodic breakdowns.

"There are highly functional bipolar people," Jones says, and the condition is more common than is generally suspected.

"You may think your only experience of it is on Homeland," she says, referring to the Showtime thriller whose CIA heroine suffers notably from bipolar disorder. "But that's probably not the case." You may know someone who's bipolar and keeping it private, she says. THE ASSOCIATED PRESS

Band embraces gay ambassador role

Tegan and Sara.
Twins were hesitant to discuss their sexuality at the beginning of their musical career

Twin sisters Tegan and Sara Quin have realized their fears of being branded "just a gay band" were unfounded, Tegan says. CHRIS BUCK / WARNER BROS

Identical twin sisters Tegan and Sara Quin have long been open about their sexuality. Now they're embracing the role of gay ambassadors, growing more comfortable with a topic they were hesitant to discuss at the start of their musical careers.

"I remember feeling resistant to talking about being a twin, to talking about sexism or homophobia, talking about being gay," said Tegan Quin, one half of the sister duo.

"I felt like it was marginalizing our music, it was making us a band only for gay people or for women," she said.

Seven studio albums later, the sisters have proved otherwise. Their latest release, Heartthrob, was a hit on both sides of the border and earned them three Junos last month, including pop album of the year.

As their audience expands, they've gained a higher profile in the gay community. This month, they were awarded outstanding music artist at the GLAAD Media Awards, beating out high-profile musicians including Lady Gaga and Elton John.

"I think this year, because we were able to reach so many more people, and we were getting on to pop radio and talking openly about who we are and our sexuality, I think a lot of people in the gay community took notice," said Tegan, 33.

Tegan and Sara will have their highest profile yet when they headline the closing ceremony of WorldPride 2014 in Toronto this June. The 10-day international festival, which starts June 20, celebrates all things LGBTTIQQ2SA (lesbian, gay, bisexual, transsexual, transgender, intersex, queer, questioning, two-spirited and allies).

The opening ceremonies on June 20 will feature performances by Melissa Etheridge and Deborah Cox. There will also be a human rights conference at the University of Toronto, with activists from around the world. Tegan and Sara will cap the celebrations with a free concert at Yonge-Dundas Square on June 29.

The Calgary-born Quin twins first attended Toronto Pride on one of their first trips to the city when they were 18, shortly after coming out as gay, Tegan said.

"I remember at the time really being blown away with how many people were there and how many different kinds of people celebrated. It was like the whole city was uniting and being excited about this thing that usually, based on my experience in Calgary, was very much just a gay thing," she said.

But at the start of their music career, Tegan said the sisters were worried about being defined as only a gay band.

"I think I had genuine fear that that's all anyone would have been interested in."

That fear drove the pair to push back in the early 2000s, diversifying their sound and trying to break out of the category of "folk artist" they'd been relegated to, Tegan said.

While they were always supported by the gay community, people mistakenly assume that's their only fan base, Tegan added. They found greater traction in the indie rock and alternative scenes, scoring a breakthrough radio hit in 2004 with Walking With a Ghost.

In hindsight, Tegan said, their initial reluctance about being defined as "just a gay band" was unfounded.

"If I could go back and say anything to us, it's that we didn't need to feel fearful. People were going to embrace us because we were going to write about our experiences and those experiences were going to resonate as universal."

TORSTAR NEWS SERVICE

Quoted

"I think I had a genuine fear that that's all anyone would have been interested in."

Tegan Quin of Tegan and Sara on her initial fear of being labelled a "gay band"

Don't you worry, child. Dance music scene brings family raves to the clubs

Cosima, 8, is carried by her father at the Big Fish Little Fish 2-4 Hour Party People event in Brixton, South London, on April 12. LEON NEAL/AFP PHOTO

The bass is pumping, the lights are low and the dance floor of the club is heaving.

It's the weekend and the young man is enjoying himself — until someone steals his balloon.

Dressed in a Spiderman outfit, the four-year-old boy runs to his dad by the bar to complain, before receiving a glow-stick in consolation.

Such are the highs and lows of family raving, a new craze fuelled by London's ex-clubbers who still want to go dancing but now have kids in tow.

"What a genius idea: beer, raving, children. What more could you want?" said Paul Crawley, 34, swaying slowly on the dance floor carrying his baby daughter Camille.

"The worst thing is I was invited out last night, but I said 'No, I've got to stay sober for this party.'"

Family discos and raves are increasingly common across London, as clubbers who once packed world-famous venues such as Ministry of Sound get older and have children.

"We haven't stopped being people with our own interests," said Hannah Saunders, a 45-year-old former civil servant who organized this party.

Her company, Big Fish Little Fish, is aimed at (and the pun is intended) "two-to-four hour party people" who like to strut their stuff before getting home for the kids' bedtime.

By the end of the party there are empty plastic pint glasses piled up on tables, but most people are sober, fully aware of their responsibilities as parents.

"The toxins we were pouring into our bodies (when we were younger) were neither here nor there. Actually we still like music and dancing, and we can still do that," Saunders said.

AFP

THEY SAID SHE WOULD NEVER BE INDEPENDENT.
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tim Zickuhr FACEBOOK

Who's the unfairest of them all? Ice road trucker plunders Snow White

As reality star misbehaviour goes, the Duck Dynasty crew are starting to look pretty good about now. At least they leave prostitutes where they found them.

Ice Road Truckers star Tim Zickuhr has no such social graces. According to TMZ, Zickuhr has been charged with an array of crimes after allegedly kidnapping and imprisoning a Las Vegas prostitute named Snow White. Snow White told police that Zickuhr gave her his debit card and told her to withdraw her fee. He then claimed she'd taken out more than agreed. When they met to work out their financial dispute, Snow White says Zickuhr tied her up with backpack straps, locked her in a closet, and punched her and poured cold water on her. Zickuhr then told her to call someone who could bring him the money, but she instead called a police officer.

When the police officer arrived, Zickuhr apparently confessed the whole thing. As a final stroke of elegance, he forced Snow White to exit his apartment through a second story window. Zickuhr was arrested and charged with first-degree kidnapping, extortion, and coercion.

Friends no more... Cox can't even get cast together for dinner

Every time a member of the Friends cast steps out to promote a project, the question comes up: What about a reunion for the famous sitcom? Well, Courteney Cox wants to finally put all that to rest. "It's not going to happen," she tells David Letterman during an interview. "There's six Friends, and I've been trying to put a cast dinner together for 10 years. It doesn't happen."

Courteney Cox GETTY IMAGES

The Word

Jay-Z holds Kim and Kanye's wedding at Bey

MELINDA TAUB
Metro World News

What could go wrong with Kim and Kanye's wedding? They both adore big splashy events, they seem really in love, and they have enough money that no one ever needs to end up sobbing in a strip mall parking lot because they can only afford pink hydrangeas, not fuchsia ones. (I was a bridesmaid a bunch of times.) However, there are some headaches of wedding planning that no amount of money can eliminate, such as guest list drama. Case in point: Will Beyoncé and Jay-Z show up for the ceremony?

Rumour has it that Jay and Bey are planning to skip the nuptials, which will take place in France. According to the Daily Mail, they don't intend it as a snub — they just have no interest in appearing on Keeping Up With the Kardashians, and cameras will be unavoidable (which, given that the show is Kim's whole raison d'etre, does sound a little like a snub).

Jay-Z reportedly plans to make it up to his old pal Kanye in a big way: Since he won't be at the ceremony, not only is he planning a bachelor party for the ages, but he also plans to spend more than $100,000 to rent a yacht for the couple's honeymoon.

Good plan, guys. I have experience with this sort of thing. When my great-aunt couldn't make it to my bat mitzvah she sent me a $20 savings bond, which is sort of the same.

Uma Thurman GETTY IMAGES

Uma ... Arki. Arki ... Uma. Have you kids met each other?

Uma Thurman has reportedly called off her engagement to multimillionaire hedge fund boss Arki Busson, the second time she has done so since the couple began dating in 2007, according to the Daily Mail. "Uma and Arki were due to attend a gala together on April 8, but Uma showed up without her engagement ring or her fiancé. Arki was scheduled to attend, and it seemed clear there was only one reason why he didn't show — because he and Uma are no longer an item," a source says, while another adds, "Uma lives in New York while Arki lives in London. He has been out and about without Uma since October when he went to a Halloween party alone. They have been at one or two events together, like Harvey Weinstein's pre-BAFTA party in February, but on that occasion they looked miserable."

Twitter

@Sethrogen
really only wanna sit around and hang out with my wife.

@pattonoswalt
"A shark can't sink a brick submarine." -- Things my daughter says that would make excellent post-punk lyrics

@SteveMartinToGo
I've had the same haircut (with the exception of 1968-69) for 52 years.

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Looking for sun and fun? Then head to San Juan

Puerto Rico. There's more than just beaches and poolside drinks to enjoy — try heading off the resort for an authentic experience

ANDREW JOHN VIRTUE DOBSON
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Guests to the Casa Bacardi are whisked around on limo golf carts. PHOTOS: ANDREW DOBSON

While standing on your balcony at the San Juan Marriott Resort staring out at the vast Atlantic, you'll find it hard not to be enchanted, romanced and lulled by the ocean's heartbeat.

The crash of surf on sand is hypnotizing.

The Marriott in San Juan offers guests a prestigious beachfront address in the bustling Condado neighbourhood where bronzed bombshells can be found sprawled across golden sand or lazing on lounge chairs by one of the hotel's two turquoise pools.

And while year-round sun and sandy beaches are understandably the biggest draw, you'll find plenty of opportunity for an authentic Puerto Rican adventure via a long list of excursions available at the hotel's always-bustling concierge desk.

In 2013, the hotel updated its 511 rooms and 14 suites, which now offer guests a refreshed Caribbean elegance that caters to the city's cosmopolitan dynamic.

Looking to treat yourself? Shopaholics are spoiled for choice as the hotel is located on tree-lined Avenida Ashford, a hip strip that Gucci, Louis Vuitton and Cartier all like to call home.

After pounding the pavement, relax at Ocean Club Spa where a selection of scrubs, wraps, facials and massage offer rejuvenation.

The hotel's two pools are the perfect spot to spend a lazy afternoon.

Feeling peckish in the afternoon but don't want to leave the pool?

Your best bet is a pina-colada-sloshed lunch at La Isla Beach Bar where crispy coconut shrimp and smoky chicken wings offer serious satiation.

If you're in town on the weekend, be sure to stop by the Red Coral Lounge at night for "Salsa and Sushi," where each evening the kitchen serves up fusion sushi offerings (traditional churrasco, creamy avocado, sweet plantain) while a live band adds a festive energy to the dance floor.

Salsa yourself silly, then quench your thirst while celebrating local flavours with an ice cold bottle of Medalla Light or a classic mojito spiked with Bacardi Oakheart.

Looking to explore Puerto Rico's top attractions?

Start your adventure with a rum-filled afternoon at Casa Bacardi, aptly titled The Cathedral of Rum.

It feels a bit like 'Disney Does a Distillery,' as guests are whisked around the property on Bacardi-bat-embossed limo golf carts.

Discover the beauty of ancient architecture and vibrant natural wonders while first strolling back in time through Spanish colonial Old San Juan.

Then, finish off your trip with a jungle mountain hike of El Yunque Rainforest where there are plenty of tranquil waterfalls and panoramic coastal views that offer perfect photo ops.

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Bucket List

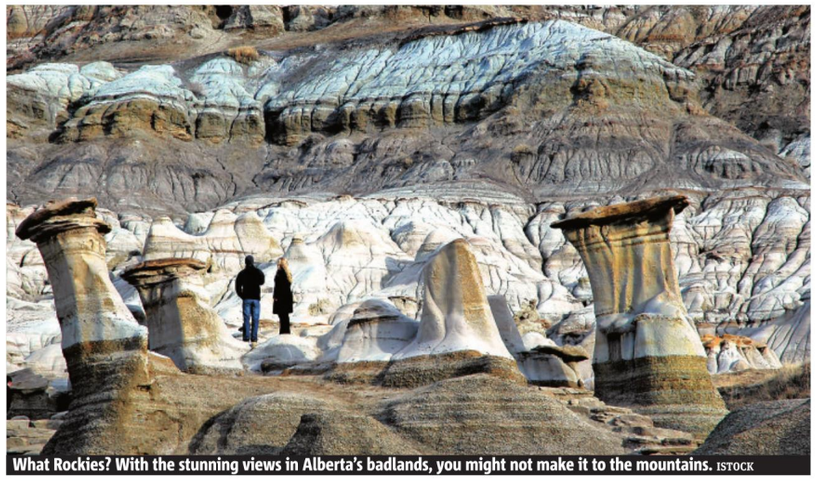
Space: The final frontier

Even at $250,000 US a pop, seats are selling for the soon-to-liftoff Virgin Galactic trips to space. Approximately 530 people have already signed up, now that space travel has been made so affordable! Travellers get three days of training in New Mexico at Spaceport America before heading 50,000 feet into sub orbit at almost 4,800 km/h. Not only do you experience zero gravity and have a chance to look down on all the rest of us, you also get to rub elbows with airline co-owner Richard Branson. Virgin has already enlisted the help of more than 100 space agents, but you can simply visit virgingalactic.com. DOUG WALLACE/METRO

Finding the good in Alberta's badlands

Summer trip. Just a little south and east of Calgary, try your hand at being a dinosaur bone hunter

ON THE MOVE
Loren Christie
life@metronews.ca



What Rockies? With the stunning views in Alberta's badlands, you might not make it to the mountains. ISTOCK

Heading to Alberta this summer?

The Rockies are amazing, but don't skip the Canadian Badlands. This large area east and southeast of Calgary offers a variety of sites and activities that are too good to be missed.

Dinosaur Provincial Park is a UNESCO world heritage site that is home to 40 species of dinosaurs.

Surrounded by hoodoos and unearthly scenery, go on a guided tour or be part of a dig. Would-be paleontologists are given a toolkit that includes an awl, a paintbrush, a hammer, and a dental pick for the more delicate work.

I barely had my hands dirty last summer at Bone Bed 30 before I realized I was staring at actual fossilized dinosaur bones.

It is impossible not to find a fossil, whether it's a small piece of tendon or the edge of giant femur; the natural history is everywhere.

Remember as part of your planning that Dinosaur Provincial Park and the better-known Royal Tyrrell Museum are not the same place and are actually two hours' drive apart. Pre-book your tour or dig in advance.

If arts and crafts are more your speed, head to Medicine Hat and check out the former Medalta clay factory, now a national historic district.

The iconic beehive kilns of the former factory can still be toured. A highlight is the surprisingly cool museum, which chronicles the history of the factory.

My favourite displays are the china collection used by Canadian Pacific hotels during the golden age of travel and the line of dinnerware created for Ethiopian Emperor Haile Selassie. The Yuill Family Gallery showcases rotating exhibits, including creations from Medalta's artist in residence program.

The town of Elkwater is the entry point into Cypress Hills Interprovincial Park. Straddling the border of Alberta and Saskatchewan, it is the only interprovincial park in Canada.

In addition to the expected variety of hiking trails, the park includes Elkwater Lake, which provides a perfect spot for all varieties of water sports.

I got a lesson on canoeing while I was there from the park staff. Camp or spend the night at a lodge in Elkwater if sleeping on the ground is not your thing. The park is also one of a growing number of places across the country that has a Dark Sky Preserve.

For stargazers out there, the lack of light pollution makes for some amazing night sky viewing.

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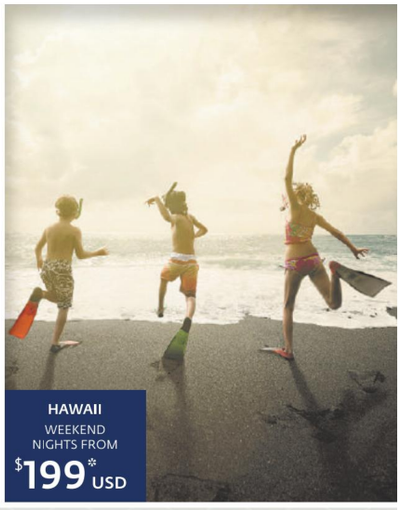

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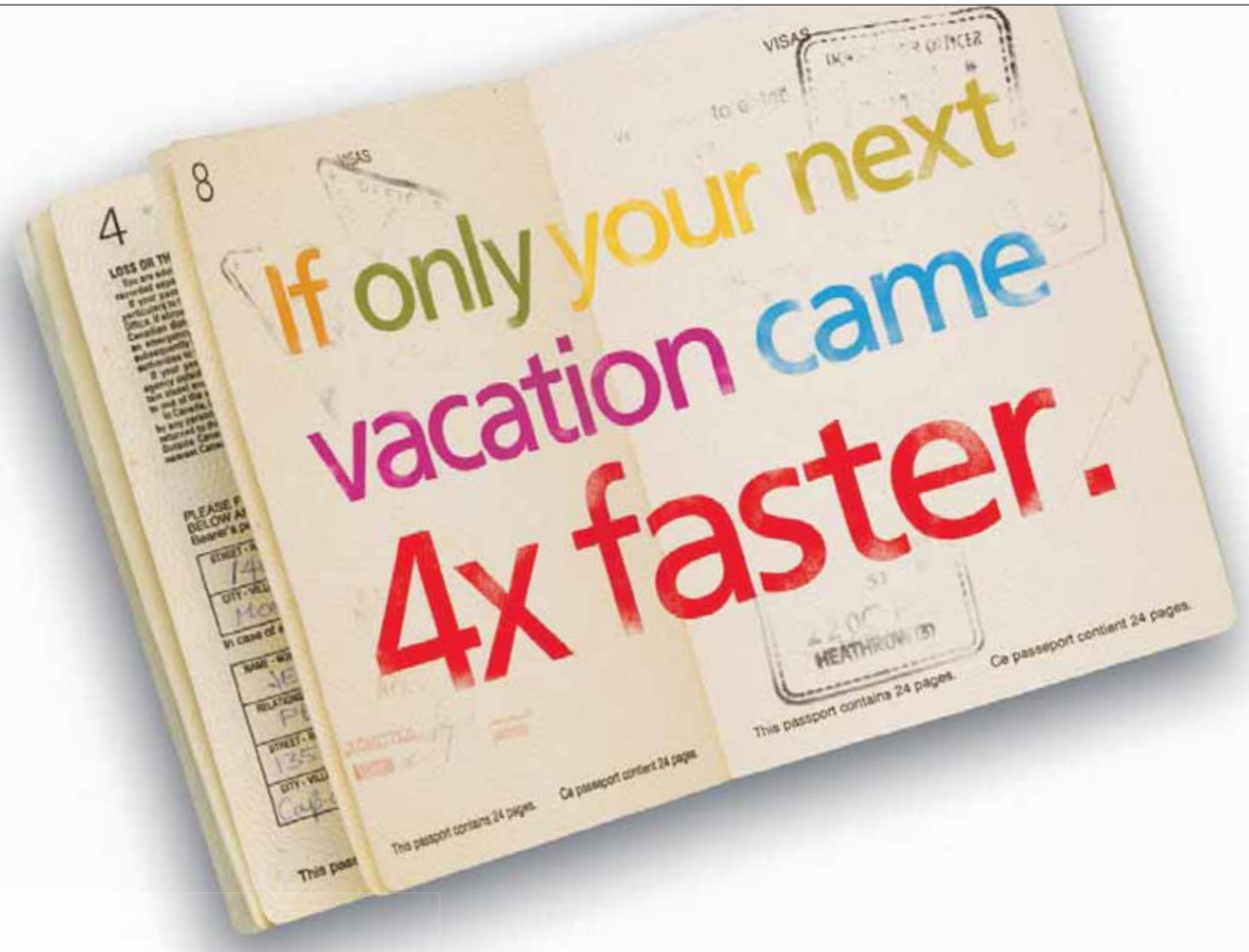

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Impress with your NYC knowledge

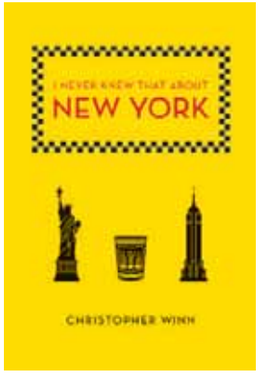
Books for your trip.
Pick up these four books and you'll be prepped for your next trip to the City that Never Sleeps

LASSE EMIL KRISTIANSEN
Metro World News in New York City

There's a cooler way to show your love for NYC than by wearing one of those "I heart NY" shirts.

The following four books are not only a fun read, they're also great conversation starters; your friends won't be able to resist picking them up off your coffee table. And you'll probably learn a few things for your next visit to the Big Apple.

I Never Knew That About New York by Christopher Winn



Even bona fide New Yorkers find it impossible to know everything about their city. But with this book you'll impress your friends with your trivia knowledge. Let I Never Knew That About New York help you claim some glory on your next visit.

Christopher Winn takes you through the history of all the monuments around town in a mix of text and original black-and-white drawings. Did you know that the Statue of Liberty is actually called Liberty Enlightening the World?

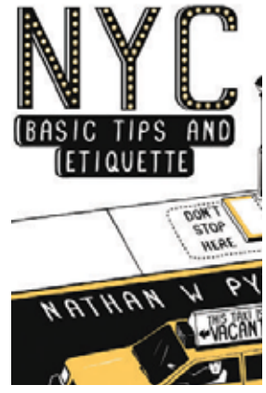
The New York Dog by Rachael Hale McKenna

The not-so-fun part about New York is all the dog droppings on the sidewalks. What is this, Paris? Fortunately you don't have to worry about that in this cute book. Rachael Hale McKenna's stunning photos take us all around New York, where we meet all sorts of city canines.

The book also includes funny quotes and short stories about some very special dogs and their owners.

New York Bike Style by Sam Polcer, David Byrne and Casey Neistat

New York might be all about the taxis and the subway, but it's easier to spot a stylish person when they're riding a bike. The book takes us through all five boroughs of the city giving us pictures of everything from vintage bikes to BMXs. A fun detail is that the name of every person photographed and where they are headed on their bike is included with every photo.



NYC Basic Tips and Etiquette by Nathan W. Pyle

This is one especially for the visitors hoping to decode some of those unspoken New York rules.

New York has its list of idiosyncrasies that don't apply anywhere else in the world.

This books guides you through 136 tips with funny drawings that will make life in the city a little easier for you and for everyone around you.

Check out No. 80: "Close the door quickly or everyone in the restaurant will hate you."

With this past freezing winter, we agree!

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USA Discover America

New York ponders putting the cart before the horse

Carriage ban talks.
Mayor pushes ban, offers electric cars as a viable option

Mayor Bill de Blasio is pulling back the reins on his plans to quickly get rid of New York City's horse-drawn carriage industry, stung by a recent outpouring of support for the colorful coaches that have clip-clopped their way through Central Park for more than 150 years.

A campaign pledge to take on the horses during his first week as mayor was eclipsed by other issues. And as he nears his fourth month in office, he has encountered enough resistance from the usually compliant City Council to slow his plans again, now saying an industry he calls cruel and inhumane will be gone by year's end.

What changed?

For one, a media blitz led by actor Liam Neeson has portrayed the horse-drawn carriage industry as an iconic, romantic part of New York that provides about 400 jobs, many to Irish immigrants. In a series of editorials and TV interviews, he has said the operators treat their 200 working horses like their own children.

"I can appreciate a happy and well-cared-for horse when I see one," Neeson wrote in an op-ed piece in The New York Times. "It has been my experience, always, that horses, much like humans, are at their happiest and healthiest when working."

The next blow came when a series of city unions — who usually are de Blasio's staunchest allies — broke with the mayor, urging him to reconsider his decision in order to save not only the industry's hundreds of jobs but a profitable source of tourism. A recent poll revealed that nearly two-thirds of New Yorkers were in favour of keeping the horses at least in Central Park and were lukewarm on de Blasio's plan to put the horse drivers to work instead giving rides in old-timey electric cars.

Last week, the city's newspapers piled on. A story in the Times on the unveiling of the $150,000 prototype electric car described it as "the industrial spawn of a rickshaw and Thomas the Tank Engine," while an editorial bluntly urged de Blasio to "let the horses and carriages alone."

THE ASSOCIATED PRESS

Bursts of sweet, tangy, creamy and spicy in every curry-filled bite

Thai Grapefruit Curry.
A hit of heat to marry with fresh grapefruit enhances the curry and rounds out the flavour of the dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. FLORIDA DEPARTMENT OF CITRUS

Love shrimp? I certainly do. With its versatility and fast cooking methods, you can have a quick easy meal.

Always look for shrimp when they're on sale and pick up a couple of bags. They freeze well and are great for a quick stir-fry, on the grill or for a last-minute appetizer. Shrimp is a great protein when you want to think a bit outside the box and try new flavour combinations, and visit different countries while doing it.

This recipe, which I developed for the Florida Department of Citrus, uses a hit of spicy curry to marry with fresh grapefruit, which enhances the curry and rounds out the flavour of the Thai-inspired dish. It is easy to make and sings out with a sweet, tangy, spicy and creamy combo.

1. In a skillet, heat oil over medium heat and cook shallot and garlic for 2 minutes. Stir in curry paste and chili pepper; cook for 1 minute. Add grapefruit rind and juice, coconut milk and fish sauce; bring to a simmer.

2. Add shrimp and cook, stirring for 4 minutes or until firm and cooked through.

3. In a small bowl, whisk together the cornstarch and water. Stir it into the shrimp mixture along with grapefruit segments and cilantro. Spoon Thai Grapefruit Curry over rice to serve.

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 shallot, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) Thai green curry paste
- 1 small Thai chili pepper, seeded and sliced
- 1/2 tsp (2 ml) grated grapefruit rind
- 1/3 cup (75 ml) ruby red grapefruit juice
- 1/2 cup (125 ml) coconut milk
- 2 tbsp (30 ml) fish sauce
- 1 lb (454 g) large raw shrimp, peeled and deveined
- 1 tsp (5 ml) cornstarch
- 1 tsp (5 ml) water
- 1 ruby red grapefruit, peeled and segmented
- 2 tbsp (30 ml) chopped fresh cilantro or mint

Tomato and Shrimp Tortas: Bite-sized Spanish flavours

Ingredients

- 1 lb (454 g) large raw shrimp, peeled and deveined
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) chopped fresh coriander
- 2 cloves garlic, minced
- 2 tsp (10 ml) smoked paprika
- 4 fresh ripe plum tomatoes, chopped
- 2 tbsp (30 ml) butter
- 1/2 tsp (2 ml) grated lime rind
- 1 tbsp (15 ml) lime juice
- 4 rosemary and thyme savoury olive oil tortas
- 1/4 cup (60 ml) shredded Manchego cheese

Celebrate tastes of Spain with flavours of smoked paprika, garlic and tomatoes that are perfect to spike up the shrimp.

1. Remove tails from shrimp. In large bowl, toss shrimp with oil, coriander, garlic and paprika. Let stand for 10 minutes.

2. Heat large nonstick skillet over medium high heat and add tomatoes. Cook, stirring for about 2 minutes or until tomatoes start to soften. Add shrimp mixture and stir to combine. Cook for about 5 minutes or until shrimp is pink and firm. Stir in butter, lime rind and juice until butter is melted and remove from heat.

3. Divide mixture among tortas and sprinkle each with cheese to serve.

EMILY RICHARDS

This recipe serves four. EMILY RICHARDS

Be assured that this industry offers the same security you'll be selling

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Five things to know about pursuing work in the insurance industry

MEGHAN GREAVES
TalentEgg.ca

Learn and grow

Since the insurance industry welcomes candidates from a diverse range of backgrounds, there's a heavy emphasis on training and development, both in terms of onboarding and continual learning.

- Career development programs and trainee programs are popular training formats for insurance companies to offer new hires. These training programs are designed to get you up to speed, whether you're taking your first step in the industry or moving into a more senior role.

The insurance industry may conjure up images of being confined to a cubicle, but many positions in the field will see you actively engaged in your tasks. ISTOCK

Before you start a career, it's important to find out all the key details you can about the field you're interested in.

While you'll learn a lot hands-on, a little bit of research can go a long way in preparing you for the perks and challenges of a particular career. The following five attributes of the insurance industry can help you get started.

It's inclusive

One of the great things about pursuing a career in the insurance industry is that you don't have to have a specific educational background or set of work experiences.

While there are many insurance diploma programs, certifications and specializations that can offer you a distinct advantage, you can hatch a great career in insurance without necessarily having a background in it.

Many top insurance companies assess potential hires based on their knowledge, skills and previous work experience as they relate to current needs. Since insurance is involved in so many different aspects of our lives, that previous knowledge and experience can come from many different areas: cars, business, medicine, the law and infrastructure are all excellent examples.

Employers in insurance recognize that some additional training and education is required to ensure you can excel in your insurance career and to round out your knowledge. Often, the cost for this training will be picked up by your employer.

Insurance is also inclusive from a demographic perspective, with 63 per cent of industry professionals being women, and 14 per cent identifying as a visible minority compared with 17 per cent in the general Canadian labour market.

It's exciting

Many people see working in insurance as a nine-to-five desk job that involves working in isolation.

Nothing could be further from the truth. While many roles do have an element of independence, an insurance career often calls for frequent client interaction, teamwork, networking and professional stewardship.

These activities not only provide variety, they also provide a well-rounded set of experiences that can help you find a role or set of responsibilities that match how you like to work.

The roles are highly varied

Besides a range of different responsibilities, opportunities for career specialization abound in insurance.

Whether you are a number cruncher, like working with people, can spot trouble before it happens, or enjoy research and analysis, there is likely a role for you.

Job opportunities include: claims representative, underwriter, insurance adviser and more. These positions include tasks such as developing strategies and putting policies into place for your clients, understanding the goals and risk tolerance of your clients and being an independent and collaborative worker to meet personal and team goals.

You can specialize in insurance

There are lots of college and university programs, specializations, designations, and certifications out there to give your education an edge in the insurance field, or specialize your skills to a particular insurance career path.

The same goes for specializing within the industry; as your career evolves, you may have the opportunity to develop niche expertise focusing on one area of the sector.

These areas can be as specific as fine wine collections, cyber liability, directors and officers insurance (for corporations, not-for-profits and other groups), or even sports and entertainment insurance.

Essentially, you can build on your education and experience to take you exactly where you want to go.

Even if you aren't sure where your interests lie just yet, it's great to know that you can specialize in your chosen field if you want to.

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What makes the world's winners weep?

On top and in tears.
Why is it that those who achieve great things often break down and bawl?

When golfer Bubba Watson won his first major tournament — the 2012 Masters — the shaggy-haired Floridian dropped his head on his caddy's shoulder and sobbed. This month, when Watson claimed his second green jacket at Augusta National, his caddy's shoulder was again subjected to a drenching.

Tiger Woods, one of the fiercest competitors in sports, wept profusely after winning the 2006 British Open. Fellow golfer Fred Couples hid his face behind his visor when he lost complete control in a TV interview after winning the 2003 Shell Houston Open. What's this about? Why do people cry tears of joy?

It's not just golfers, by the way, and it's not just athletes. Weddings, graduations, even sometimes sex — there are a variety of joyous occasions that perplexingly turn on the tears, a physiological response predominantly associated with pain, sorrow and loss.

Ad Vingerhoets has been studying crying for years, one of few academics in the field.

"It's a lonely business," says Vingerhoets, a professor of clinical psychology at Tilburg University in the Netherlands.

He says the way humans cry and the triggers that turn on the waterworks differ greatly depending on the stage of life a person is in.

For helpless infants, crying is a way to communicate distress to parents. It is necessarily loud, a characteristic that changes over time. The older one gets, the less noise one makes while crying.

Vingerhoets says regardless of age, humans cry in response to powerlessness and to loss or separation. But where children and adolescents will cry in response to pain, tears as a reaction to physical pain are less commonly seen with advancing age.

Instead, adults cry about things that move them, evoke their empathy or sympathy, appeal to their sense of morality or sentimentality.

Children don't cry when they hear about someone losing their life to try to save someone else, but an adult might. Similarly, a beautiful piece of music might bring tears to adult eyes but would be unlikely to do so to a child's.

At the heart of that type of reaction may be a type of powerlessness, Vingerhoets suggests. People who are overwhelmed with emotion — even positive emotions — can have trouble processing the flood of feelings. Tears provide a release.

"You don't know how to express your emotions and you're really overwhelmed," he says.

He suggests that the athletes who cry after winning are often dealing with complex emotions. For instance, they may have effected a career comeback after overcoming adversity.

THE CANADIAN PRESS

Confused catharsis

"You don't know how to express your emotions, and you're really overwhelmed."

Ad Vingerhoets
Crying expert

Golf pro and unabashed blubberer, Bubba Watson HARRY HOW/GETTY IMAGES

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Join us on Wednesday, April 16 at 7:00 pm in Room H105 in the Senator Burns Building for a free information session.
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Call 403.284.8641 or Email ma.info@sait.ca to confirm your attendance or for more information.

FURTHER YOUR PASSION

SAIT POLYTECHNIC

SHOP FOR THE BEST PERKS

The good news for consumers is that the travel rewards industry is very competitive today and, as a result, banks and credit card companies have upped their travel programs and offerings to try to attract more cardholders, says Patrick Sojka, founder of Rewards Canada, an organization that tracks the various cards.

"The biggest trend on the credit card side is the waiving of the first year's annual fee," Sojka says. "So, basically, it's a free trial.

SHUTTERSTOCK

"If you keep the card after one year you will likely be charged the annual fee. However, with the way things are, you may be able to negotiate for a longer free period."

On the credit card side, the big trend is the addition of more benefits.

"Most cards are maxed out on what they can offer in terms of rewards and earning points for air miles," Sojka says. "But look for fabulous travel benefits."

Here is a quick list of what to look for:

• Travel perks such as airport lounge access and concierge services.

• A wide range of insurance benefits including travel emergency medical, trip interruption and cancellation, lost luggage, rental car collision/loss damage and hotel burglary insurance.

• Less blackout periods when you book travel on points. "We know that Canadians want to earn points faster and redeem them often without the aggravation of blackout periods and high fees," says Jennifer Douglas, Scotiabank vice-president of credit cards.

• Different ways to redeem points. Scotiabank experts also point to additional benefits such as gift cards, merchandise charities and investment and credits to redeem from.

• Exclusive hotel programs. Some cards partner with hotels to offer room upgrades and dining and beverage credits. But the more benefits like this, the higher the annual fee in general.

• No redemption deadlines.

SHUTTERSTOCK

FINDING THE BEST VALUE

If you are like most Canadians, you carry a stack of loyalty cards in your wallet. You might have an Air Miles, a Shoppers Optimum, and maybe a Cineplex Scene card. Perhaps a wad of that funny Canadian Tire money is stuffed in there, too.

Loyalty programs have edged into almost every industry, from banking and travel, to entertainment and retail. Repeat card users earn points, discounts and other perks

The Shoppers Drug Mart Optimum card is among the most popular. Some 10 million Canadians carry this card, says Tammy Smitham, vice-president, communications.

Another card — Scene — is quickly gaining attention, too. Now with 5.6 million cardholders, the program is growing "beyond the expectations" of its co-partners, Cineplex and Scotiabank, says Shawn Bloom, Scene general manager.

The idea is to use financial incentives to get customers to build a shopping history with the same store. For example, with an Optimum card, you get 10 points for every dollar spent and can redeem these points on most of the 25,000 in-store products, Smitham says.

With a Scene card, you get 10 per cent off concession purchases and off admission on Tuesdays, and collect 100 points for admission to every adult movie.

"So every 10th movie will be free; it's very good value," Bloom says.

At Canadian Tire, the country's oldest loyalty plan, you get 40 cents in "money" for every $100 spent. Now customers can get their "money" electronically as well as in paper form, giving them "the best of both worlds," says Shawn Stewart, associate vice-president, loyalty.

Increasingly, businesses are teaming up to extend card savings. You can now use Optimum points on fashion and decor items at the Beyond The Rack online store, Smitham says. Scene members can redeem points at Swiss Chalet, Harvey's and other restaurants, and, through the current promotional program with Indigo, earn points by buying certain books that have been or will be made into a movie, Bloom says.

Banks are also getting into the loyalty action. The Royal Bank, for example, has partnered with Shoppers to offer an RBC Optimum MasterCard or debit card that can be used to collect points at retail outlets other than Shoppers across the country.

SHUTTERSTOCK

UNDERSTAND YOUR POINTS PROGRAM

When it comes to belonging to a loyalty program, knowing what you want to do with the points is one way to narrow down what's appropriate for you, says Patrick Sojka, founder of Rewards Canada.

Here are other considerations:

• Be clear about what you want to be rewarded with — air miles, cash back, or merchandise.

• Keep your shopping habits in mind and be strategic. What's most important is that you are loyal to programs so you accumulate points. Plus, "splitting points amongst several cards will delay the time it takes to redemption," Sojka says.

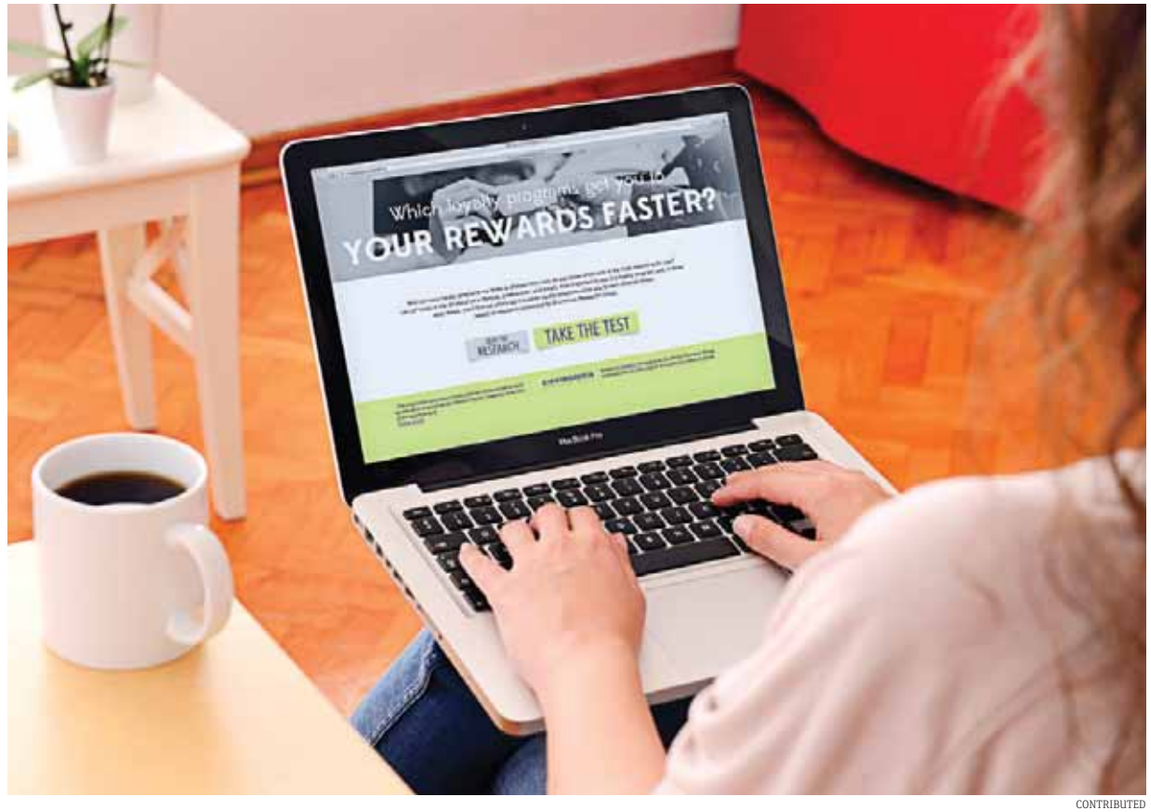
• Be sure you understand exactly how you earn and redeem points on cards including expiring policies for programs that issue miles or points.

• Keep in mind that the more flexible in terms of what the reward is, the lower the rewards rate will be in general.

• Get an Aeroplan or Air Miles card regardless, Sojka says. There are so many places where you can earn these points and so many options for redeeming them (travel, merchandise, gift cards).

FASTER REWARDS

SPRING CLEAN YOUR WALLET AND FIND THE PROGRAM THAT WORKS FOR YOU



CONTRIBUTED

Regularly reassessing loyalty program membership makes sense beyond just reducing the plastic you carry. That's because choosing the right loyalty program for you could get you to the reward you want faster.

Selecting a program from the many options on the market has traditionally been the challenging part.

Luckily, there is a free online tool to help you assess available programs in a way that levels the playing field so you can research and more easily find the program that might have the shortest "time to reward" — compareloyaltyprograms.ca.

Starting with your end goal in mind, decide what reward for which you are looking. Whether you want to earn points or miles for flights, merchandise or cash back, each program offers its own set of advantages.

"Know yourself — and your goals," say Susan Misner and Laura McDonald, founders of Golden Girl Finance, a site offering financial education in a modern, engaging way to encourage everyone to play a more active role in their finances. "Loyalty programs can make up an important part of your overall finances so you'll be rewarded for all of the research you do looking into the right program. Just be smart about where you get your information from — using a tool, such as compareloyaltyprograms.ca, gives you an apples-to-apples look at the most popular programs."

With all of the information out there, it can still be hard to narrow down which programs may be right for you. Focusing on dividend (i.e., how much a point or mile is worth) may not be the best way to decide which loyalty program can help you get to your rewards sooner. Compareloyaltyprograms.ca is powered by research from Environics Research Group and features the top 23 loyalty programs and affiliated credit cards in Canada, including many offerings new to the market this year. By answering a few simple questions on desired rewards (flight, merchandise or cash back) and spending habits (such as the types of stores where you spend the most), the tool suggests programs that may get you to your chosen reward faster.

Once you know what reward you want, it is important to assess how, where and how much you spend each month to understand which programs might benefit you most.

"Spending habits and reward preferences are unique to each household, but comparative tools and resources may not be clear about how they compare different programs," say Misner and McDonald. "With compareloyaltyprograms.ca, consumers can enter their own monthly spending figures to get an accurate assessment of programs based on their own individual personal spending patterns."

SHUTTERSTOCK

LOYALTY PROGRAMS SHOULD SUIT YOUR STYLE

Golden Girl Finance offer tips to help consumers discover their best loyalty program matches:

KNOW WHAT YOU WANT

The best place to start when it comes to assessing whether your current loyalty program is working for you — or deciding which one to sign up for — is what reward for which you are ultimately saving to redeem. Check out compareloyaltyprograms.ca to cross-compare the top loyalty programs in Canada.

THINK ABOUT WHERE YOU SHOP

Research by Environics Research Group has shown that, on average, double-dipping using a base program card matched with an affiliated credit card greatly reduces "time to reward," no matter the reward you are after. The research has also shown that coalition programs, where there are numerous partner stores to earn miles or points at provide faster time to flight rewards, on average.

STAY TUNED-IN TO YOUR PROGRAM

Some rewards programs do a great job of keeping members in the loop with program news via social media or flyers so they can plan their spending to take advantage of offers. Consider using a credit card at partner retailers for your chosen program (double-dipping) and streamlining earning into just one or two key programs.

DO YOUR HOMEWORK

The decision is up to you, so spend a bit of time researching to decide for yourself which program is the most rewarding. Be sure to watch out for high annual fees on associated credit cards that can overshadow the benefits of the loyalty program.

Commissioned by COLLOQUY, a LoyaltyOne Research Group, Environics Research Group developed a methodology and online comparison tool that allows consumers to determine which rewards programs get them to the rewards they want as quickly as possible, based on their individual shopping patterns, program features and attributes. COLLOQUY has also provided financial compensation to Golden Girl Finance for promotion of the research and online tool.

Lightning captain Steven Stamkos and Canadiens goalie Carey Price shake after Montreal's Game 4 win on Tuesday night at Bell Centre. GRAHAM HUGHES/THE CANADIAN PRESS

Faster than Lightning

NHL playoffs. Habs fans euphoric after sweep-clinching win over Tampa Bay in Montreal

Max Pacioretty scored on a power play with 43 seconds left to play as the Montreal Canadiens completed a four-game sweep of the Tampa Bay Lightning with a 4-3 victory on Tuesday night.

Montreal now faces a long wait for the Eastern Conference semifinal against the winner of the Boston-Detroit series.

Game 4

Canadiens	Lightning
4	3

Pacioretty was parked on the doorstep to bang the rebound of Thomas Vanek's shot past Kristers Gudlevskis to send the 21,273 spectators into a frenzy.

The Canadiens entered the third period up 3-1 with a 29-13 shot advantage, but the Lightning tied it by the 6:31 mark on goals from Victor Hedman and Tyler Johnson.

A tripping penalty on Cedric Paquette with 2:11 left to play allowed Pacioretty to get the winner on Montreal's second power-play goal of the series.

Daniel Briere, Lars Eller and Brendan Gallagher also scored for Montreal. Ondrej Palat also scored for Tampa Bay, whose rookie-laden lineup could not keep pace with Montreal. The Bolts also played the series without No. 1 goalie Ben Bishop, who has a left arm injury.

For a second straight game, the Bell Centre was at a fever pitch with old-time pop star Ginette Reno singing the Canadian anthem. But while it took Rene Bourque only 11 seconds in to score the first goal in Game 3, this time it took 2:24 for Briere to open the scoring. THE CANADIAN PRESS

Sweep talkers

1993

Montreal's win Tuesday night clinched the Canadiens' first sweep since they took the Buffalo Sabres out in four straight in 1993 en route to the last of their 24 Stanley Cups.

NBA playoffs

DeRozan carries Raptors past Nets

DeMar DeRozan scored 30 points, including 16 in the fourth quarter, as the Toronto Raptors beat the visiting Brooklyn Nets 100-95 on Tuesday to even their best-of-seven first-round playoff series at a game apiece.

DeRozan went 12-for-14 from the free-throw line, including six in a row in the final minute to clinch the victory. Jonas Valanciunas added 15 points and 14 rebounds for the Raptors.

Joe Johnson topped the Nets with 18 points, while Deron Williams had 15, Mirza Teletovic added 14, and Kevin Garnett fnished with 13.

Toronto out-rebounded Brooklyn 52-30.

Brooklyn will host Game 3 on Friday.

THE CANADIAN PRESS

"I think it's just in the DNA. Everybody don't have it, everybody's not born with it. Can't buy it at Costco or Walgreens. It's in the DNA."

Nets forward Paul Pierce, explaining his career-spanning ability to come through in crunch time. Scan the above image to view a gallery of some of Pierce's clutch moments.

Rask up to task in giving Bruins series lead

Tuukka Rask watches the puck sail over his shoulder in Game 3 of the Bruins' series against the Red Wings in Detroit on Tuesday. LEON HALIP/GETTY IMAGES

Tuukka Rask finished with a 23-save shutout to give the Boston Bruins a 3-0 win over the Detroit Red Wings on Tuesday night for a 2-1 playoff series lead.

Dougie Hamilton and Jordan Caron scored in the first period, and Patrice Bergeron added an empty-net goal late in the game.

The Presidents' Trophy-winning Bruins are ahead for the first time in the opening-round series. And it seems like a commanding lead, the way Boston has played the past two games.

Detroit has to win Game 4 on Thursday night to avoid facing elimination when the series shifts back to Boston.

Jimmy Howard made 31 saves for the Red Wings, who needed him to make what appeared to be a routine stop midway through the first period on the first goal. He couldn't.

Hamilton's wrist shot from the top of the right circle beat Howard's glove on a power play after Detroit had too many men on the ice.

The Red Wings didn't have enough players in position to stop the second goal. After a poorly timed line change, Caron was all alone in front of the net and scored off a rebound.

The Red Wings had perhaps their best chance early in the third period, but Rask made a sprawling stop to get his glove on Justin Abdelkader's shot. Detroit did not have many other opportunities against Rask, who ended up with his fourth career playoff shutout. THE ASSOCIATED PRESS

Round of Red Bulls on Brett

Blue Jays third baseman Brett Lawrie rounds third after hitting a three-run home run against the Baltimore Orioles on Tuesday night in Toronto. The Jays beat the Orioles 9-3. TOM SZCZERBOWSKI/GETTY IMAGES

Concordia's Smith ripe for CFL draft

Top prospects list out. After missing the fall and winter rankings, defensive lineman shoots up to No. 4 pick

Quinn Smith's CFL draft stock is on the rise.

The Concordia Stingers defensive lineman was ranked fourth among the CFL scouting bureau's top-15 prospects for May's draft, after missing out on the fall and winter lists.

But the six-foot-two, 305-pound Toronto native raised eyebrows at last month's CFL combine, excelling on both sides of the ball. And that versatility will enhance his chances of being taken early in the draft. The Ottawa Redblacks hold the first pick overall.

Whatever comes

"It doesn't matter what city, what team. I'm going to be happy wherever I go."

Concordia Stingers' defenceman Quinn Smith

"Obviously I felt I should've been on the first two but I'm very happy that my hard work paid off to be quite high on the new list," Smith said during a CFL conference call Tuesday. "I want to be a professional football player.

"It doesn't matter what city, what team. I'm going to be happy wherever I go."

Once again Laurent Duvernay-Tardif, McGill's highly rated offensive lineman, topped the rankings. But the six-foot-five medical student is projected as a mid-round NFL draft pick. Where he is taken by an NFL club will directly affect when he's selected in the CFL draft.

David Foucault, Montreal's 300-pound offensive tackle, moved up a spot into No. 2, with Laval offensive lineman Pierre Lavertu dropping to No. 3. St. Francis receiver Devon Bailey also dropped one position behind Smith into No. 5. Manitoba defensive tackle Evan Gill remained at No. 6, ahead of Western defensive lineman Dylan Ainsworth. Manitoba running back Anthony Coombs moved up to No. 8, ahead of Simon Fraser offensive lineman Matthias Goosen and Queen's defensive back Andrew Lue.

Rounding out the top-15 were Laval defensive back Adam Thibault, Simon Fraser linebacker Casey Chin, Montreal defensive lineman David Menard and defensive back Antoine Pruneau, and Western linebacker Beau Landry.

With Duvernay-Tardif expected to head to the NFL, Foucault is being mentioned as the most CFL-ready prospect among the eligible offensive linemen. But he, too, is attracting American interest, having recently interviewed with NFL clubs at the league's Super Regional combine earlier this month in Detroit despite suffering a foot injury while running his 40-yard dash. THE CANADIAN PRESS

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Starting from price for 2014 Jeep Grand Cherokee Overland shown: $57,590.§

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Less Fuel. More Power. Great Value is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. 40 MPG or greater claim (7.0 L/100 km) based on 2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your dealer for the EnerGuide information. ◊2014 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG); 2014 Chrysler 200 LX 3.6L VVT V6 6-speed automatic – Hwy: 6.8 L/100 km (42 MPG) and City: 9.9 L/100 km (29 MPG); 2014 Jeep Wrangler 3.6 L Pentastar® VVT V6 - Hwy: 9.3 L/100 km (30 MPG) and City: 12.7 L/100 km (22 MPG). 2014 Jeep Grand Cherokee 3.0 L EcoDiesel V6 6-speed automatic - Hwy: 7.0 L/100 km (40 MPG) and City: 10.3 L/100 km (27 MPG). Wise customers read the fine print: *, ✦✦, ‡, ∞, §, ◊, ^, √ The Zing Into Spring Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after April 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. *Consumer Cash Discounts are offered on select new 2014 vehicles and are deducted from the negotiated purchase price before taxes. ✦✦$1,000 Bonus Cash is available on all new 2014 Jeep Wrangler models and is deducted from the negotiated purchase price after taxes. ‡4.29% purchase financing for up to 96 months available on the new 2014 Chrysler 200 LX/Dodge Journey Canada Value Package/Jeep Wrangler Sport models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Examples: 2014 Chrysler 200 LX/Dodge Journey Canada Value Package/Jeep Wrangler Sport with a Purchase Price of $18,798/$20,398/$21,798 (including applicable Consumer Cash Discounts) financed at 4.29% over 96 months with $0 down payment equals 208 bi-weekly payments of $107/$116/$118 with a cost of borrowing of $3,425/$3,717/$3,789 and a total obligation of $22,223/$24,115/$24,587. ∞4.19% purchase financing for up to 96 months available on the new 2014 Jeep Grand Cherokee Laredo model to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. See your dealer for complete details. Example: 2014 Jeep Grand Cherokee Laredo with a Purchase Price of $39,998 financed at 4.19% over 96 months with $0 down payment equals 208 bi-weekly payments of $226 with a cost of borrowing of $7,109 and a total obligation of $47,107. §Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g. paint). Upgrades available for additional cost. ‡‡Finance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating dealers from April 1 to 30, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between January 1, 2014 and December 31, 2016. Trade-in not required. See dealer for complete details and exclusions. ◆Based on IHS Automotive, Polk Canadian New Vehicle Registration data for 2013 Calendar Year for all Retail vehicles sold in the province of Alberta. ◊Based on 2014 Ward's Upper Middle Sedan segmentation. ^Based on R. L. Polk Canada, Inc. May 2006 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. √Based on 2014 Ward's Small Sport Utility segmentation. >>Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.**

See that symbol? It means you can scan the photo below with your Metro News app to see a video of the concept GLA Mercedes-Benz unveiled in Shanghai last year

2015 Mercedes-Benz GLA

- **Type.** Four-door, all-wheel drive compact wagon.
- **Engines (hp).** 2.0-litre DOHC I4, turbocharged (208, 355 in the GLA45 AMG)
- **Transmissions.** Seven-speed automated manual with paddle-shift controls.
- **Base price (incl. destination).** $42,500 (est.)

Market position

The GLA, based on the CLA sedan, is an example of high-end automakers introducing lower-priced products. The trick is to do it without alienating traditional buyers who seek the exclusivity of a luxury brand.

Points

- Rounder styling separates GLA from the larger GLK
- Base four-cylinder engine generates decent power, but performance AMG version blows it away
- Seems as though the manual transmission era is over at Mercedes-Benz
- Attractive base price could rapidly escalate unless option list is avoided
- Expect this model to rival the CLA sedan in popularity.

Without the sloping roof of the CLA, the GLA is 20 centimetres shorter. The hatch opening therefore accommodates bulkier — not longer — items.

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's side knee airbag; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.2/5.5 (base 2.0, est.)

A frugal option from Mercedes

PHOTOS: WHEELBASEMEDIA.COM

Review. How a car that could have been a compromise actually ended up being anything but

MALCOLM GUNN
wheelbasemedia.com

Mercedes-Benz traditionally caters to its financially comfortable clientele with some deliciously desirable machinery. But in North America, the automaker is making an equally strong pitch to a younger, less affluent audience by introducing the 2015 GLA wagon. It's a companion model to the coupe-like 2014 CLA sedan that resides at the lower-priced and fuel-frugal end of the market.

Mercedes-Benz isn't alone here. Other premium-oriented brands, notably Audi and BMW, are launching similarly sized, or even smaller cars. By doing so, they are improving their respective corporate average fuel economies (CAFE) in accordance with the U.S. government regs. The GLA, which launches in Canada this fall, gives entry-level Mercedes-Benz shoppers a clear choice of vehicles that actually compromise little in the way of power and features.

Those who prefer the smooth look of the CLA sedan can choose that route, while the more practically minded can opt for the sport-wagon look and added carrying capacity of the GLA. Each car has its pluses and minuses, but the form-over-function CLA will ultimately be sharing a big slice of the econo-luxury podium with the GLA.

The GLA's dash layout is a carbon copy of what you'll find in the CLA sedan. The dashtop screen doesn't retract and there's no console shift lever.

Given their commonality, it makes sense that the GLA and CLA share the same powertrains. The GLA250 4MATIC runs with a turbocharged 2.0-litre four-cylinder that generates 208 horsepower and 258 pound-feet of torque. Step up to the GLA45 AMG (4MATIC) and those values increase to 355/332. Although the displacements are equal, the AMG engine block has been strengthened and its higher output turbocharger produces nearly twice the boost of the GLA250's.

Both powerplants use a seven-speed automated manual transmission with paddle shifters that produces quicker upshifts and downshifts than a traditional automatic/torque converter combo.

Ultimately, the GLA-Class should be as enticing as the CLA, but should hold greater appeal for budget-minded buyers wanting more practical family transportation along with a three-pointed star affixed to the grille.

Compare

1 Acura RDX
Base price: $43,200
Less sporty than first-generation model, but a powerful V6 makes it a winner.

2 BMW X1
Base price: $39,100
Attractive base wagon emphasizes economy over performance.

3 Lincoln MKC
Base price: $41,800
New Ford Escape-based model should do well in an expanding category.

DRIVE

Feel the power of the high-pressure wand

Car wash. Don't underestimate the ability of the self-serve car wash to both clean your vehicle and focus your mind

AUTO PILOT
Mike Goetz
drive@metronews.ca

It's quite satisfying to have that much water pressure at your beck and call. MIKE GOETZ

The weather around here last weekend was still on the cool side — well below the shorts and T-shirt threshold. But the upward trajectory of temperatures was registered and palpable in everyone's mood, and evident in the way everyone strutted around town in unzipped jackets.

I desperately needed an automotive action to acknowledge the change in weather fortunes. Since my appointment to switch the winter tires over to summers was a still a week away, I decided to head over to my local self-serve car wash emporium, where I would find that wonderful and slightly magic, high-pressure wand.

Maybe I don't get out enough, but I find it quite satisfying to have that much water pressure at my beck and call. And to have the end result of my commanding to be a beautifully clean car, well that's just icing on top of icing.

On this occasion I felt the time was right to also power wash the floor mats. Salt was not expected for another seven months or so. The winter juice that I chased out of those mats was something to behold.

Later in the day, after the mats had dried in the sun, I was reluctant to put them back in place inside the Honda. So clean were the mats, and so not clean were still the insides of the Honda. But they did go back eventually, after the teenagers grudgingly did some vacuuming.

I also value the self-serve car wash for its ability to focus the mind. It's the time element thing. It's amazing how much you can attend to if you know you only have three minutes in which to get it done.

I only wish I could accomplish other things in my life so well in three minutes.

It definitely puts your mind in high gear. Not only are you working and focusing on your task as hard as you can, you are also simultaneously making lots of calculations. Like …

"This area I'm working on has to be clean. But should I move on to other areas? How much time has passed? Should I look? No, don't look, keep going."

There is nothing more frustrating than running out of wand time with a fender to go.

Actually there is one more level of frustration — finding you missed a big spot. Cars never dry as clean as they look when they're wet.

I guess they have better wands at Hogwarts, but it's not likely I will get my hands on any of those as I'm not alumni.

Still I'm completely happy with just the "car wash wand." My time with them is the best three bucks I spend all week. I wield the wand, watch salt and grime float away on a river of my own making, and feel nothing but good.

Quoted

"I guess they have better wands at Hogwarts, but it's not likely I will get my hands on … those."

Mike Goetz, columnist

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385 for a new and unregistered 2014 Jetta 2.0L base model with 5-speed manual transmission, including $1,395 freight and PDI, financed at 2.9% APR for 84 months equals 182 bi-weekly payments of $84. $1,764 down payment. Cost of borrowing is $1,467 for a total obligation of $17,052. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **$1,000 available on cash purchase, finance or lease (through Volkswagen Finance, on approved credit) of a new and unregistered 2014 Jetta and certain TDI Clean Diesel models. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end April 30, 2014 and are subject to change or cancellation without notice. Model shown: 2014 Jetta 1.8L Highline, $24,490. Vehicle may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Autobahn for All" are registered trademarks of Volkswagen AG. © 2014 Volkswagen Canada.

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5.8L/100km **49MPG** HWY / 9.2L/100km **31MPG** CITY***

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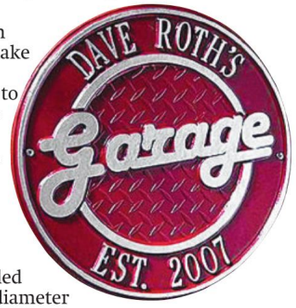
Parts department

WHEELBASE MEDIA

Coffee on the go

Attempting to consume your hot coffee or tea on the move and managing not to spill any can present a real challenge. The Stainless Steel Travel Mug from Keurig (the company that makes those single-serving coffee makers and "K-Cups") features a uniquely designed lid that opens with just one finger and, according to the manufacturer, is both leak-proof and spill-proof. In addition, its vacuum-insulated, double-walled construction will keep up to 14 ounces of beverages hot for four hours and cold drinks cold for 12 hours. The travel mug will also fit beneath nearly all Keurig machine models. Order one for $25 from keurig.com/accessories/keurg-stainless-steel-travel-mug.

Here's a good sign



This item would make a great addition to anyone's garage or office, whether for business or personal use. The retro-styled 12-inch-diameter Cast Metal Garage Sign from Personal Creations (Item # 3002114) is made from recycled aluminum and is hand-painted. But best of all, it can be personalized with the owner's name on top (up to 12 letters) and with a brief message on the bottom (up to nine letters). The sign is also suitable for indoor and outdoor use, sells for $75 and can be purchased at personal-creations.com.

A jack makes light work

Michigan-based salvage artist Breck Armstrong of Moss Studios specializes in creating nostalgic home and office decor pieces, including this vintage Car Jack Table Lamp. It's made using an actual jack from early 20th century cars (pre-1920), when changing a flat tire on the family Model T Ford was about as commonplace as filling it up with gas. Included with the table lamp is a handmade (in Chicago, Ill.) 12-inch-diameter burlap shade with metal hardware that seems to fit well with the 17-inch-tall lamp. Armstrong's Car Jack Table Lamp sells for $490 and is available through uncommongoods.com/product/vintage-car-jack-table-lamp.

A neat place to stash your trash

Here's a really useful item that also doubles as a conversation piece for your garage or recreation room. Garage Art has a wide selection of "bullet" trash cans featuring classic gasoline company logos. Included in the collection are Chevron, Flying A, Gilmore, Gulf and Mobilgas. Each 36-inch-tall by 15-inch-diameter container is made from 100-per-cent recycled steel and is powder-coated (a heat-cured powdered paint) for durability. Also included is a removable 12-gallon plastic liner along with, of course, the pivoting, self-closing door. You can order your favourite trash can for $250 from garageart.com.

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1.6 SL Tech model shown▲

LEASE FROM **$59** SEMI-MONTHLY* AT **0%** APR PER MONTH FOR **39** MONTHS

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SR model shown▲

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- AVAILABLE INTUITIVE ALL-WHEEL DRIVE
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SL AWD Premium model shown with Accessory Roof Rail Crossbars▲

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2014 IIHS TOP SAFETY PICK SMALL SUV

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AMVIC Licensed. *$1,000 Bonus Cash applicable to customers who purchase, lease or finance any new 2014 Versa Sedan/Versa Note/Sentra models on approved credit through Nissan Finance on units in stock. The $1,000 additional Cash Bonus consists of $750 NF cash and $250 Dealer Participation and will be deducted from the negotiated selling price before taxes. Offer available for qualified customers only. Offer available from April 17-30, 2014 inclusively. Conditions apply. †Qualifying customers must be approved to lease or finance through Nissan Finance. Some conditions apply. See your retailer for complete details. Offers valid between April 17-30, 2014. ‡Representative semi-monthly lease offer based on new 2014 Versa Note 1.6 S (B5RG54 AA00), manual transmission/2014 Sentra 1.8 S (C4LG54 AA00), manual transmission/2014 Rogue SFWD (Y6RG14 AA00), CVT transmission. 0%/0%/2.99% lease APR for a 39/39/60 month term equals 78/78/120 semi-monthly payments of $59/$69/$135 with $0/$0/$0 down payment, and $0 security deposit. First semi-monthly payment, down payment and $0 security deposit are due at lease inception. Prices include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $4,376/$5,152/$16,171, $2,150/$1,870/$50.0 NF Lease Bonus Cash included in advertised price, applicable only on 2014 Versa Note 1.6 S (B5RG54 AA00), manual transmission/Sentra 1.8 S (C4LG54 AA00), manual transmission/2014 Rogue S FWD (Y6RG14 AA00), CVT transmission through subvented lease through Nissan Finance. This offer is only available on lease offers of an 39/39/60 month term only and cannot be combined with any other offer. Conditions apply. +Models shown $20,705/$22,785/$35,048 Selling Price for a new 2014 Versa Note 1.6 SL Tech (B5TG14 NA00), Xtronic CVT® transmission/Sentra 1.8 SR (C4SG14 AA00), CVT transmission/Rogue SL AWD Premium model (Y6DG14 BK00), CVT transmission. +Freight and PDE charges ($1,567/$1,567/$1,630), air-conditioning tax ($100) where applicable, certain fees where applicable (AB: $20 tire recycling tax), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Finance and lease offers are available on approved credit through Nissan Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between April 17 – 30, 2014. ^Based on 2014 Canadian Residual Value Award in Subcompact Car/Compact Utility Vehicle segment. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. ‡Global Automakers of Canada Entry Level Segmentation. MY14 Versa Note v. MY13/14 competitors. ^All information compiled from third-party sources including manufacturer websites. Not responsible for errors in data on third party websites. 12/17/2013. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998-2014 Nissan Canada Inc. and Nissan Financial Services Inc. a division of Nissan Canada Inc.

Horoscopes

♈ Aries
March 21 - April 20
You know what it is that you want so now it's just about how you are going to get it. If your plans are being held back by a lack of cash, what happens today and tomorrow will help. But ultimately, the effort must come from you.

♉ Taurus
April 21 - May 21
Mercury joins the Sun in your sign today and your mood will be better. The next three weeks are potentially the best of the year for you, so take advantage of the opportunities that come your way.

♊ Gemini
May 22 - June 21
Your feelings may be a bit fragile over the next 24 hours, so steer clear of people who are rude. Some days it is necessary to restrict yourself to your company.

♋ Cancer
June 22 - July 23
Don't try to solve others' problems by yourself. Be generous, especially with time and sympathy, but recognize that the only way friends will solve their issues is by looking for them themselves.

♌ Leo
July 24 - Aug. 23
Mercury, planet of the mind, crosses the career angle of your chart today, which means you will no longer be able to kid yourself about what is and is not possible.

♍ Virgo
Aug. 24 - Sept. 23
This is one of the best times of the year for you and it will get even better over the next few days as Mercury, your ruler, opens your mind to new possibilities.

♎ Libra
Sept. 24 - Oct. 23
Whatever it is that you fear, you need to put a name to it because only then will you be able to face it and conquer it. Most likely you have been worrying for no good reason.

♏ Scorpio
Oct. 24 - Nov. 22
It may feel as if you have no control over what is going on in your life but that simply isn't true. You have, however, allowed people to dictate to you what you can and cannot do. It's time to make it clear that enough is enough.

♐ Sagittarius
Nov. 23 - Dec. 21
While everyone is running around and bumping into each other as if the end of the world is nigh, you will be the picture of tranquility. That may mean you have no idea what is going on but there are times when ignorance is OK.

♑ Capricorn
Dec. 22 - Jan. 20
Yours may not be the most flexible sign but it will pay you to make an effort to adapt today. You have a great deal going for you at the moment but to make the most of it, be less set in your ways.

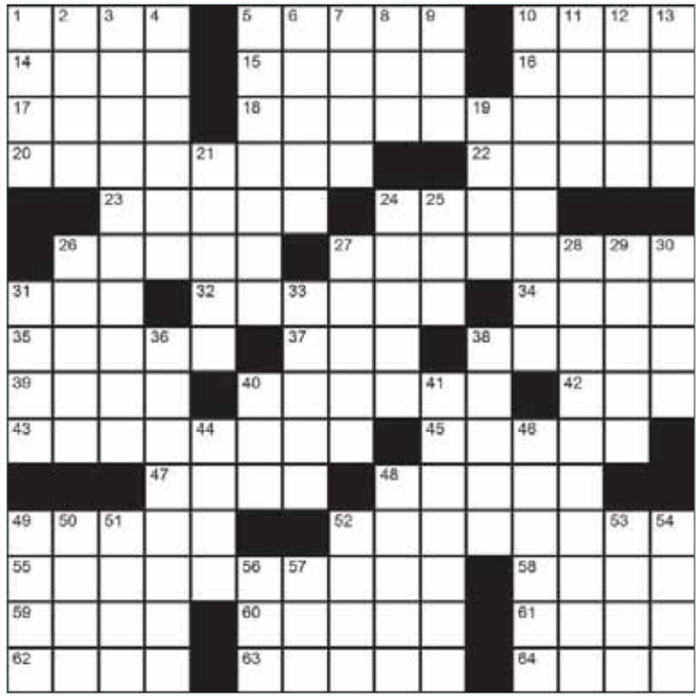
♒ Aquarius
Jan. 21 - Feb. 19
You will learn something over the next 24 hours but if you are smart, you will keep it to yourself for now. What you find out about a situation could be beneficial.

♓ Pisces
Feb. 20 - March 20
Sometimes it's good to get away from your duties and chores and lose yourself in activities you really enjoy. Such a time is now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

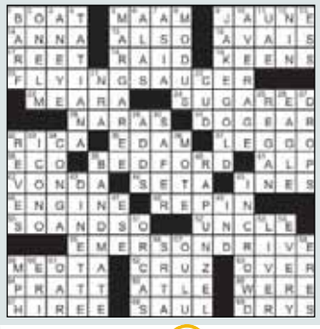
BY KELLY ANN BUCHANAN



Across
1. Daytime/nighttime
5. Theatrical work, __ Godunov
10. Havana's locale
14. TV handyman Bob
15. Mediterranean vacation island
16. Kitchen's kiln kin
17. Scrapes, budget-wise
18. __ of Canada
20. Canadian brand of toilet paper
22. Gather
23. Ms. Skye of "Say Anything..." (1989), and namesakes
24. Painting subject (en francais) for Manet
26. Terra __
27. __ Desert (Located in the Yukon, it's endearingly called the world's smallest desert)
31. '_' __ in Toronto
32. Northern Ontario city, __ Lake
34. __-_-soup
35. Crows
37. Pac. opposite when looking at Canada
38. Canadian newsman Mr. Mansbridge
39. __ of the moment
40. Invitees
42. Monk's title
43. Artsy statesman of ancient Athens
45. Cosine or sine
47. Wuthering Heights expanse
48. Voyageur's transport
49. The __ of 2014
52. Frontman of Rush: 2 wds.
55. Rare baleen creature: 2 wds.
58. Inactive
59. Ms. Reid
60. Boring tool
61. Foster film
62. Songstress Sheryl
63. Lances
64. Steel shade

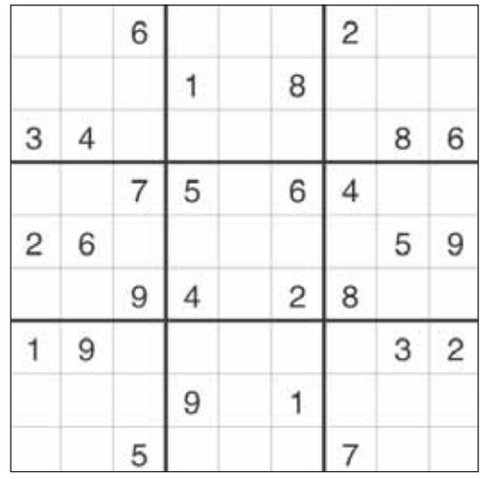
Down
1. "__ plaisir!" (Gladly, in Quebec)
2. "Grace Kelly" singer
3. Long-extinct marine reptile of ancient waters, such as of the Yukon
4. Team's sidelines cheers-leader
5. Important happening: 2 wds.
6. Some woodwinds
7. BC's Fraser, et al.
8. 'Special' suffix
9. Mediterranean isl. near Italy
10. The second 'C' of CIBC
11. Iris' place
12. Mr. Affleck's
13. Colony critters
19. Pusher-catching cop
21. Beginner bets
24. Sussex slammers
25. Mr. Linkletter
26. __ diem! (Seize the day!)
27. Quotes
28. Baseball position
29. 'I hope', to Caesar
30. Ms. Gilbert
31. Baking meas.
33. "Today" anchor Matt
36. Northern Alberta town
38. Mind your __ __ Qs
40. Mop & __ (Floor cleaner)
41. Canadian TV drama of 1996 to 2000 that viewers were 'invested' in watching
44. Haggler's concern
46. Considering, as an idea
48. Showbiz type
49. Federal org. concerning broadcasting
50. Beguiler
51. It means 'Soil'
52. Someone smitten's status
53. Addition __ (Canadian plus-size clothing chain)
54. Moray-like
56. Occurred
57. Beach structure

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	5	4	6	1	8	9	7	3
7	9	6	3	5	2	4	1	8
1	8	3	9	4	7	2	6	5
9	3	1	2	8	6	5	4	7
5	6	2	4	7	1	8	3	9
4	7	8	5	9	3	1	2	6
3	4	7	8	2	9	6	5	1
8	1	5	7	6	4	3	9	2
6	2	9	1	3	5	7	8	4

Weather

TODAY	THURSDAY	FRIDAY
MAX: 8° MIN: 5°	MAX: 6° MIN: 2°	MAX: 5° MIN: 0°

BT BREAKFAST TELEVISION

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